



Winter Wonderland on the KTCT

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Happy Holidays!

**Enjoy the Kawartha
Trans Canada Trail!**

**KAWARTHA
TRANS
CANADA
TRAIL
ASSOCIATION**

c/o Fleming College
P.O. Box 8000
Lindsay, Ontario
K9V 5E6
kawarthatct@gmail.com

President's Message



Al MacPherson
President, Kawartha Trans
Canada Trail Association
(KTCTA)

Dear Trail Enthusiasts,

Thank you all for supporting the Kawartha Trans Canada Trail. We have been operational for six years and continue to grow in support and development along our trail. However, we still need financial help to keep this operating. There are many ways to help.

DONATE

Donate online or by mail to the Kawartha Trans Canada Trail Association. Donations of \$50 or more are permanently recognized with inscribed names on the Fred DeNure Donor Wall at Fleming College. Tax receipts are issued for all donations of \$20 and above. You can donate in honour of, or in memory of someone special. An acknowledgement letter and certificate can be sent to the family or friend that you designate. For more information, visit www.kawarthatranscanadatrail.ca.

VOLUNTEER

Volunteer to help with our annual fundraising efforts and special projects along the trail. Or become a managing partner. Your gift of time is very important and greatly appreciated.

FUNDRAISE

Hold an event in support of the KTCT. Sell a product or service and direct a portion of the proceeds to the trail. Throw a party and ask guests to bring a donation in place of a gift. Host a trail event and ask for a donation instead of an entry fee. Or set up a KTCT donation box at your place of business. Please note that all third party fundraising events must be approved by the KTCTA in advance of the event.

EDUCATE

Stay informed by subscribing to our biannual newsletter and spread the word: get your friends and family members to subscribe as well!

If you recognize the importance of supporting the KTCT but are unable to make a commitment today, you may wish to consider a planned giving option (see page 3 for more details).

On behalf of myself, our dedicated Board of Directors, Managing Partners and many volunteers, thank you for supporting our national trail—the *Kawartha Trans Canada Trail*.

Al MacPherson

Lumber Needed for Picnic Tables



We are working with Dave Saunders, St.Thomas Aquinas High School Construction Trades Shop teacher, regarding the construction of two timber picnic tables for the Pickseed shelter south of Oakwood by his students for this spring.

If you know of someone who would donate the heavy timber required, or would like to donate funds to have these built by the students, please contact us at kawarthatct@gmail.com.

Third Annual Adventure Travel Festival a Success!

KTCTA had the honour of welcoming a truly extraordinary and inspiring Canadian speaker at this year's Festival in June.

Just days before preparing to embark on his ambitious 2,000+ kilometre crossing of Mongolia and the Gobi Dessert, **Ray Zahab**, came to Fleming College to dazzle everyone with his experiences. Ray is an extreme runner, adventurer, ambassador, author and founder of *impossible2possible*—an organization that aims to inspire and educate youth through adventure learning, inclusion and participation in expeditions.

Thanks to the great in-kind support from our local media, particularly **Bob FM** and the **Lindsay Post**, and devoted local sponsors who provided the necessary funds to pay for expenses, KTCTA made a small profit that will be used for the upkeep of the trail.

Check out the Festival website (www.adventuretravelfestival.ca) for up-to-date information about the 2014 event. Hope to see you there!



L to R: Al MacPherson (President), Ray Zahab (Extreme Runner/Presenter), George Pineau (Director), and Don Helleman (Festival Volunteer)

What is Planned Giving?

Planned giving allows a person to make a gift to the KTCTA today where the value of the gift is deferred in whole or in part until a later date, often upon the death of the donor. Depending on the type of gift, income tax relief is either realized today or in the future.

Talk to your lawyer or financial planner in order to help you and your family decide how to best fulfill your legacy for the KTCT.

You could make a difference and ensure your legacy with the KTCT by considering the following options.

Real Estate

The gift of real estate allows you to give an immediate gift and receive an immediate tax receipt for the fair market

value of your property.

Residual Interest

This type of gift is given by those who plan to donate a property in the future through a will bequest but want to reduce income tax presently and want to continue to use and enjoy the property during their life times.

Registered Assets (RRSPs and RRIFs)

Registered assets enable you to fulfill dual goals of supporting your favourite charity while reducing the amount of taxes that your estate will have to pay. If the RRSP or RRIF has KTCTA as the direct beneficiary, the estate will receive a donation receipt for the entire value of the plan.

Charitable Remainder Trust

A Charitable Remainder Trust can be established by contributing bonds, stocks securities, mutual funds or real estate to a trustee who then holds and manages it. This allows you to retain the income generated from the asset and the trust names KTCT as the beneficiary when you no longer require the income generated by the asset held in trust.

Life Insurance

Life insurance is a way to make a significant gift in the future at an affordable current cost without reducing the value of the estate available to your family. You can either give an existing policy or take out a new policy naming KTCTA as the beneficiary.

Bequest

A bequest can be for a specific amount, a percentage of your estate or the residual of your estate. Your bequest will symbolize a lasting memorial for you and your family.

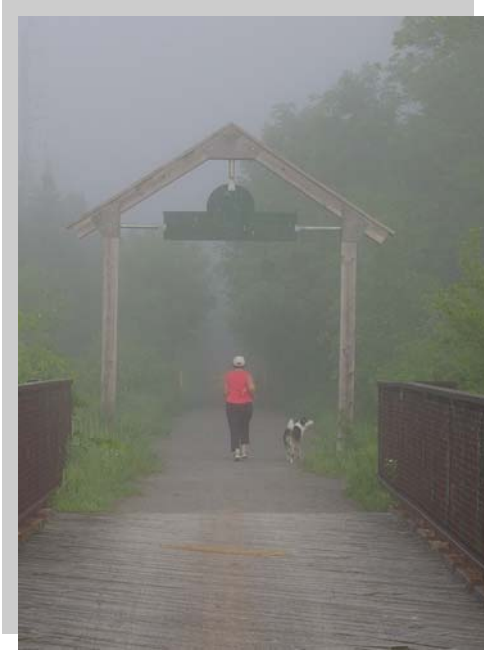
Endowment

An endowment is a great way to ensure ongoing financial support for not-for-profits. Your charitable fund would be invested and earnings from your fund would create a legacy that lasts forever.

100% of your donation goes directly to the development, operation, protection and promotion of the Trans Canada Trail in the City of Kawartha Lakes.

Spotlight on Omemee

By Peggy Armstrong, Director



The Kawartha Trans Canada Trail glides through the quaint village of Omemee, situated halfway between Lindsay and Peterborough in the heart of the Kawartha Lakes region.

The trail is a popular draw for locals and tourists to walk, jog, horseback ride, snowmobile, cross country ski and cycle. It provides a scenic backdoor for residents to travel to nearby villages and towns, away from the busy Highway 7 a few blocks south, while soaking in the quiet of the surrounding farmland. The trail is also popular with Omemee's businesses, bringing in cycling groups, hikers and families looking for ice cream, coffee, butter tarts, pizza and shopping on its main street.

The village's two schools, Lady Eaton Elementary School and Scott Young Public School, bring their classrooms outdoors with activities on the trail, which runs through their properties. Scott Young Public School is named after former resident and the father of musician Neil Young, who grew up in Omemee.

A destination point for trail users is the bridge crossing the Pigeon River in Omemee, where people stop to admire the idyllic view of a local farm. A summer day attracts locals and visitors alike who relax with a bit of fishing from the bridge.

The newly installed benches a kilometre east and west from downtown Omemee are a welcome addition for trail users, particularly seniors, to have a comfortable resting place while enjoying the many activities the trail provides.

New Beautiful Cedar Benches

By Marnie Callaghan, Secretary

Seven benches, installed this fall, will provide destination points or walking goals for trail users. The benches are located approximately 1 km east and west of the towns of Lindsay, Omemee and Reaboro. An additional bench is located by the Mariposa Brook, east of Eldon Road near the village of Oakwood.

According to the Center for Disease Control and Prevention, adults need at least 2 ½ hours a week of aerobic activity at a moderate pace. The trail provides the perfect place away from noise and traffic to get some much needed physical activity and fresh air.

Walking is the most popular aerobic physical activity. About 6 out of 10

adults walk for transportation, for fun, relaxation, exercise, or for walking the dog. Walking can provide health benefits beyond weight loss, such as lower risk of heart disease, stroke, type 2 diabetes, depression, and some cancers. So, what are you waiting for? Explore your trail, meet your neighbours, and enjoy a rest on a beautiful cedar bench today!

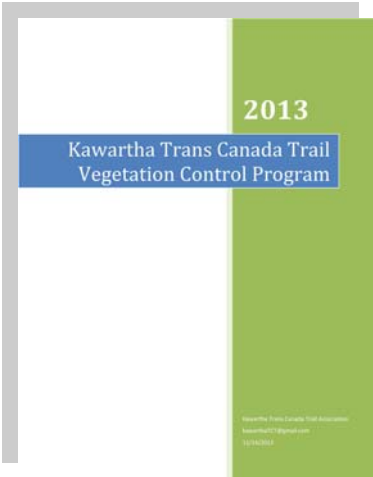
The benches were made possible with a grant from the Government of Canada **NEW HORIZON SENIORS GRANT**. Galvanized steel legs were provided by **TS**

Manufacturing at cost. **Home Building Centre** of Lindsay gave us a great deal on the cedar and hardware. It is wonderful to see local businesses supporting our trail.



Jim Paterson, Operations Volunteer

Vegetation Control on the KTCT



By Bill Elliot, Vice President

The difficult work of building the trail is complete. Now we are confronted with the continuous task of keeping the trail safe and well maintained. Managing Partners are kept busy inspecting the trail, cutting trees, repairing ruts and installing signs.

The trail has been well used by a variety of users from cyclists, hikers, walkers and families out enjoying nature. The number of people frequenting the trail has grown steadily. From these users the most frequent complaint has been the lack of control of the weeds and grasses growing along the trail sides, and around the control gates.

In the past, the KTCTA Board has called upon the services of a contractor to do one cut of the grass growing along the shoulders of the trail. However, this is very costly (\$1,200 for 22 kilometres and \$2,400 for 44 kilometres). This cost uses up most of our budget, which comes from funds raised by donations. Since one cut per year is not

enough to maintain the trail and the budget cannot support multiple cuts, the Board of Directors needed to investigate some alternative methods to maintain the vegetation along the trail.

Students of Fleming College's Ecosystem Management Program participated in a vegetative review of the trail with the objectives of 1) developing a plant identification manual and 2) determining how best to control vegetation along the trail.

The final report provided a plant identification manual, which is posted on our website, and recommended that a controlled herbicide spray may yield better results than cutting at a more reasonable cost.

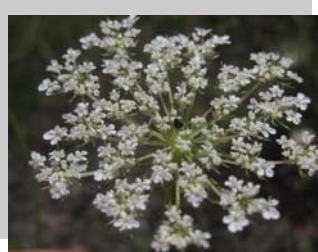
The Board approved the plan to spray under a number of conditions. The spraying took place over a two-day period starting in early June (2013). Within a week the results were noticeable. The controlled spray was very effective

in controlling the invasive plants on the trail.

A full detailed report is posted on our website including the alternatives, communication efforts, photos etc.

The end result: when spraying is done carefully, safely, with effective communication and qualified people, it achieves our goal of vegetation control at a significantly lower cost (approximately \$1,400 for 44 kilometres of trail).

Although the Board's preferred method of vegetation control is cutting, it is too costly to sustain when relying solely on donations. Spraying appears to be the best alternative to maintain the infrastructure with minimal impact to the environment.



KTCT Vegetation Guide

The Toronto Dominion Bank—Friends of the Environment provided funds to develop an invasive plant guide for the Kawartha Trans Canada Trail.

The guide was produced by students enrolled in the Ecosystem Management Program at Fleming College in Lindsay.

It will be a tool for volunteers and managing partners to identify and remove plant species that are non native and affecting the environment along the trail. Check out the manual on our website www.kawarthatranscanadatrail.ca.



Kawartha Trans Canada Trail Plant ID Guide - 2013

Guide to the common plants of the Kawartha Trans Canada Trail

DeNure Donor Wall

TRAIL CHAMPION

Barron Cowan

Dorothy DeNure

Ron Fevang

Green Trails Alliance

Kawartha Lakes Community
Futures Development

Haig Kelly

Dorianne Lackey*

National Trails Coalition

Omeme Legacy C.H.E.S.T.

Ontario Ministry of Economic
Development

PICKSEED

Sir Sanford Fleming College

TD Friends of the Environ-
ment Foundation

Trans Canada Trail

The Ontario Trillium
Foundation

In memory of

Dr. Al Lackey

Steven Thompson

In honour of

Hugh Davies

TRAIL MASTER

Achilles Track Club of Peter-
borough

Dr. T. James Cooper

Elke & Richard Danziger*

Carole & Bruce Glass

David Holloway

Kawartha Rail Trail

Peter Petrosniak & Kathy
Boyle

The Siegel Family

Susan & Ed Stephenson

Wylie & Marnie Suggitt

Marian Sweetnam

In memory of

Liz Maxwell (from the Biker
Babes)

In honour of

Margaret Davies*

Ron Fevang*

The Hardy Family

Ruth LaMantia*

Claire & Jean Morgan

Jan Smith*

Susan Stephenson*

George & Marian
Sweetnam*

TRAIL BLAZER

Dianne & Ted Abbot

Wayne & Cathy Alldred

Biker Babes

Blewett Printing

Hal & Hilda Bowry

Crayola Canada

Dianne's Country Cooking

Cycle Chicks

Cycling Dudes

Bill & Elaine Elliott

Bruce & Lynne Faulkner

Fowler's Corner & District
Lions Club*

Gayle Golden

GOODWIN DESIGN*

Health for Life

Stan & Marion Hill

Kawartha Cycling Club

Kent Florist

Kinsmen Club of Lindsay

Gus & Ruth LaMantia

Lindsay Animal Clinic Pro-
fessional Corp.

Lindsay Lions Club

Jo Anne Lindsay

Barbara MacPherson

Robin & Rosemary
Maughan

Joe & Joyce McGuire

Claire & Jean Morgan

Morris Veterinary Hospital

Gael Morrison

Nicholls – Eleanor
(DeNure), Lawrence,
Catherine (Reed), Calvin

Bernie & Lillian Nickerson

Oakwood & District Lions
ClubOmeme & District Lions
ClubOntario Woodlot
Association

Pat & Mike O'Reilly

Lou & Judy Probst

path to stillness yoga studio

Payne, Grignon Family

June & Thomas Pick

Bill & Marg Preston

Howard Robinson

Barbara Rose

John Rose

Laurie Scott

Linda Skilton

Ross Smith

Sheila & John Speirs

TD Canada Trust –
Omeme

Doris Webster

Ron & Gillian Willcocks

John & Anne Willemse

In memory of

Margaret Fevang

Mr. & Mrs. S.D. Fevang

John Kennedy

Dr. Al Lackey

Marytherese Saigeon

Arthur D. Truax*

Shane Paul Allan Wood

In honour of

Ted & Dianne Abbot

Dr. Robert Drury

Ainsley & Avery Herr

Laurie & Jamie
Lautenschlager

Malone & Jack

Jack M. Murphy

Dale Parks est: 1950

Linda Rutherford & Nancy
Pelletier – St. Andrew's
Youth Fellowship LeadersHenry & Frederick
Stephenson

Ellen & Terry Woodward

Erin Woodward

TRAIL MAKER

Carol & Bob Barkwell

Benville Pet Resort

Conservative Party, Halibur-
ton-Kawartha Lakes-Brock*

Margot J. Fawcett

Ron & Rose Gibbons

Anne Glanfield*

Doug van Hemessen

DeNure Donor Wall

Joanne & Tom Johnson
 Lisa Kaldeway
 Kawartha Field Naturalists
 Dirk & Hennie Kookhaas*
 Phil LaPenna
 Murray Leadbeater
 Pete & “Chick” MacLoghlin
 John & Brenda Morrison
 Pinewood Cottages & Trailer Park
 RHINO
 Kathy Simpson
 Andris Smits
 Sharon (Abbot) Sylvestre
 Amy & Tim Whitson

In memory of

Dave Allen
 Anders Andersen*
 Robert E. Bellamy
 Shirley Bellamy
 W. R. Bunting

Fred DeNure
 Susan DeNure
 Dr. James I.H. Fawcett
 Marg Fevang
 Paul Fitzpatrick
 Pierre Girard*
 Allan (Doc) Gleeson*
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 David Lankin
 H. David Logan*
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 Grant Saunders
 Debbie Simpson

Marjorie Stephenson
 Ray Storey
 W. Dale Toombs*
 Helen Tripp
 Ron Willcocks*
 Vernon “Pill” Willis
 Norm Winn*
 Doug & Brenda Wright

In honour of

Molly Susanna Adams
 Bill Coe*
 Lorne Dixon*
 Clair E.J. Dowdall
 Patrick S. Dowdall
 Mary C. Ham
 Marilyn Heath
 Kayla Cathleen Henderson
 Dr. Julie Johnson
 Joe Kraan Sr.
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 Ellen & Dennis Patterson
 Nancy C. Pelletier*
 Stephen P. Pelletier*
 Ross Penton*
 Barbara Rose
 Murray Spence
 Lucy A. Stephenson
 Karina K. Treiguts
 Markus M. Treiguts
 Catherine Wasteneys

Donor names as of November 30, 2013.

* Names to be inscribed on the Donor Wall in Winter 2013.

Donor Wall Categories

TRAIL CHAMPION

(Platinum) \$1,000 and over

TRAIL MASTER

(Gold) \$500 - \$999

TRAIL BLAZER

(Silver) \$100 - \$499

TRAIL MAKER

(Bronze) \$50 - \$99

With each level of donation, a *Certificate of Appreciation* along with a tax receipt is sent to the donor.



New Volunteers are always welcome!
 See website for details or email us at kawarthatct@gmail.com

Who We Are

The **Kawartha Trans Canada Association (KTCTA)** is a registered not-for-profit organization with charitable status. Our mission includes the following:

1. To improve the urban and rural environment by developing and maintaining a recreational trail or greenway linking communities.
2. To organize and participate in environmental projects designed to preserve and protect flora and fauna.
3. To educate and increase public awareness, appreciation, and understanding of the environment by offering courses, seminars, conferences and meetings, and by collecting and disseminating information.
4. To promote active and healthy lifestyles by offering courses, seminars, conferences and meetings, and by collecting and disseminating information on the trail's five core uses—hiking, walking, cycling, horseback riding and snowmobiling.

Board of Directors

Allen MacPherson
President

Bill Elliot
Vice President

Wayne Alldred
Treasurer

Marnie Callaghan
Secretary

John Hagarty

Linda Skilton

Ellen Woodward

Peggy Armstrong

Blair Gibson

George Pineau

Craig Shanks

Managing Partners

The Kawartha Trans Canada Trail has 12 managing partners who volunteer their time and effort to help maintain the trail.

It is this type of community involvement that ensures the trail remains safe.

Our partners from East to West:

Fowler's Corner District Lions Club

Omeme District Lions Club

Village of Reaboro

Kawartha Lakes Green Trails Alliance

City of Kawartha Lakes Parks and Recreation Department

Lindsay Lilac Committee

Sir Sandford Fleming College

Abercrombie Brothers

O'Reilly Family

Spokes for Folks

Lunney Family

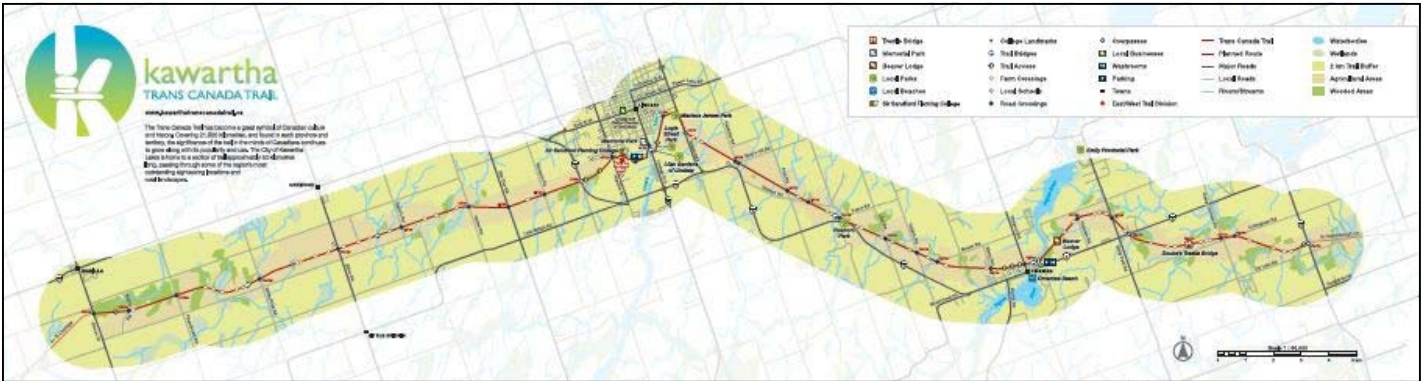
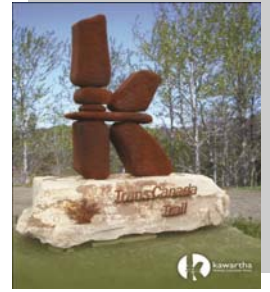
Heart of Ontario Snowmobile Club



Medical Students from Toronto walk the KTCT with Director Ellen Woodward and Margaret Davies as their guides.

KTCT Map

The KTCTA will upgrade, develop and manage 44 kilometres of trail through the City of Kawartha Lakes. This trail stretches east to west between Peterborough County and the Regional Municipality of Durham and is a new addition to the national Trans Canada Trail network.



Donor Information

NAME:		
ADDRESS:		
CITY:	PROVINCE:	POSTAL CODE:
TELEPHONE:	EMAIL:	

Please make cheque payable to: **KAWARTHA TRANS CANADA TRAIL ASSOCIATION**
 Mail to: Kawartha Trans Canada Trail Association
 c/o Fleming College
 P.O. Box 8000, Lindsay, ON, K9V 5E3
 Tax-deductible receipts will be mailed to the donor.

Is this donation in memory of someone? () Or, in honour of someone? ()
 If "YES" please provide the following:

HONOUREE'S NAME:

To whom should notification of donation be sent?

NAME:		
ADDRESS:		
CITY:	PROVINCE:	POSTAL CODE:
TELEPHONE:	EMAIL:	