



*Inside this issue:*

*President's Message* 2

*What's New for the KTCT?* 2

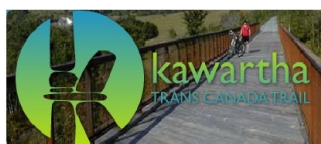
*Special Event: Seniors Hike It or Bike It!* 3

*Geocaching Along the TCT* 4

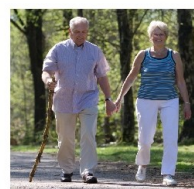
*2014 Ontario Volunteer Service Awards* 5

*Donor Names* 6

*KTCTA Information* 8



## Seniors can take a hike or a bike!



### On the Trans Canada Trail - June 4, 5 and 7, 2014

Improve your mental and physical well-being as you exercise on the flat, scenic terrain of the trail and enjoy a rest on the new benches.

Brushing up on your existing skills or learning something completely new.

## It's never too late to learn.

Learning can make a real difference to your quality of life at any age. Irrespective of your level of experience we have a walk or ride designed to provide maximum enjoyment for you.

Events start and end at "The Cabin" at Fleming College on Angeline Street.  
You can enjoy refreshments at the cabin when you return.

### KAWARTHA TRANS CANADA TRAIL ASSOCIATION

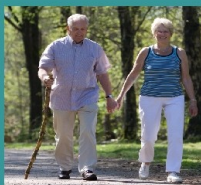
c/o Fleming College  
P.O. Box 8000  
Lindsay, Ontario  
K9V 5E6  
kawarthatct@gmail.com



#### Cycling

Enjoy a 4 km cycling ride return led by an experienced Ride Leader. These people are passionate about cycling and giving you the best experience possible. Bring your own bike or use one of ours - Ride Easy and Ride Steady are designed for you. Try riding an electric bike, an adult tricycle or a comfort bike.

*Helmets are a must ... please bring one.*



#### Walking

Delight to a 2 km walk return led by a member of the Kawartha Hiking Club. Perhaps you would like to take walking up a notch and try Pole Walking. Pole walking turns a simple walk into an efficient, effective, aerobic total body workout.

Learn about features to look for in good walking shoes or walking poles.

*For more information, visit  
[www.kawarthatranscanadatrail.ca](http://www.kawarthatranscanadatrail.ca)  
or call Marnie at 705-328-0116*

## President's Message



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

Dear Kawartha Trans Canada Trail Supporters,

As we begin our **seventh** year of operating the Kawartha Trans Canada Trail, it is with gratitude to the City of Kawartha Lakes community, especially our volunteers and managing partners, for sustaining our efforts in providing a free, safe and well-maintained trail that benefits our visitors and residents.

As you know this is NOT a City of Kawartha Lakes municipal trail. This is a 44-kilometre trail that is solely maintained and paid for by volunteers and donors like you. Our energy for continuing this work is strong. We are filled with BIG ideas for enhancing our trail and constantly looking for our “next step” to enrich the lives of trail users as they travel along the trail.

Your generosity has brought us such a great distance since 2007—will you continue to help our organization? We are strong because of your financial support. We are looking to the future with BIG dreams for trail users—your help plays a BIG part in our ability to make our trail the best trail in the entire Trans Canada Trail system forming part of the longest trail in the world. Please take time to donate on line [www.kawarthatranscanadatrail.ca](http://www.kawarthatranscanadatrail.ca) or mail us your donation.

Also, I strongly encourage each of you to reach out to others who are not aware of the Kawartha Trans Canada Trail. Tell them about the trail, ask them to check it out for a short walk or a long bike ride. As you know they will be pleasantly surprised about the quality of the trail. On behalf of the Kawartha Trans Canada Trail Board of Directors—THANK YOU!

Sincerely,

A handwritten signature in cursive script that reads "Al MacPherson".

## What's New for the KTCT?

We have been fortunate to have secured a few grants to help in our efforts. Here are some of the projects planned for 2014:

- Development of Fundraising Strategy—funds provided by Ontario Trillium Foundation
- Re-development of Website—funds provided by Ontario Trillium Foundation
- Fundraising Initiatives—funds provided by Ontario Trillium Foundation
- Six New Trail Benches—funds provided by Senior Horizon Grant
- Special Event/Adventure Festival/International Trails Day/Seniors Day—funds provided by Senior Horizon Grant
- Signs at Major Gateways and Road Intersections (end of June)—funds provided by Donations and Regional Tourism 8
- Trail Connection (end of Dobson Street to Hwy 36 overpass, to be done end of June)—funds provided by Trans Canada Trail and Pan Am Legacy
- Updated Trail Business Plan—funds pending

## Special Event: Seniors Hike It or Bike It!

KTCT is hosting a 3-day event geared toward seniors, but all are welcome, particularly for the walk on June 7<sup>th</sup>. All events promise to get you moving, by brushing up on an old skill (riding a bike) or learning a new one (Nordic Poling).

If you haven't been on a bike for a few years, it can be a little scary. On June 4<sup>th</sup> you can rediscover the joy of cycling. We will have a demonstration area set up at Fleming College's Cabin on Angeline Street, where you can try adult tricycles and electric bikes. Comfort bikes will also be available to go out for a short ride on the flat, scenic trail where there will be no worries about traffic.

Would you like to try Nordic Poling? Pole walking turns a simple walk into an effective aerobic activity. On June 5<sup>th</sup>, a certified Nordic Poling instructor, Debra Smith, will give you a one-hour instructed walk. Poles will be provided. Space is limited so register early.

Bring a friend, your children or your grandchildren out on June 7<sup>th</sup> for a walk on the trail to celebrate International Trails Day. Refreshments will be provided.

All these events are free. There will be a box available if you would like to give a small donation to the KTCT, which was built and is maintained by volunteers. You can register at Down to Earth Adventure Outfitters on 82 Kent Street West. And check out the website [www.kawarthatranscanadatrail.ca](http://www.kawarthatranscanadatrail.ca) for more details.

### Seniors can take a hike or a bike!

**It's Free!**



**Saturday June 7<sup>th</sup> is  
International Trails Day**  
come out and show your support and  
have fun with your family and friends!

### Seniors Registration Form

Name \_\_\_\_\_ Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Which day works for you? ☐ Wednesday June 4 ☐ Thursday June 5 ☐ Saturday June 7 ☐

**Walking:**  
Please wear good walking shoes and comfortable clothing.  
Maybe you are interested in taking walking up a notch.  
Try pole walking. Instruction provided.

**Please check one of the following:**  
I do not need poles and I will just walk ☐ I will pole walk and I have my own poles ☐

**Cycling:**  
Bring your own bike if you have one. If you don't have a bike, choose one of the following bikes that you can try out at the event. Please wear good walking shoes and comfortable clothing.

I will bring my own bike ☐ I would like to borrow an electric bike ☐  
I would like to borrow a comfort bike ☐ I would like to borrow a tri-cycle ☐ My height: \_\_\_\_\_

You must bring a bike helmet. We will make sure your helmet is properly fitted to you.

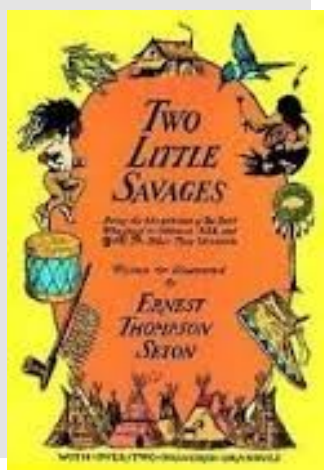
**Please register by May 23rd at: Down to Earth Adventure Outfitters - 82 Kent Street West**

**If you have any questions please call Mamie at: 705-328-0116**

Organized by: the Kawartha Trans Canada Trail Association - non profit Funded by:  Government of Canada / Gouvernement du Canada

## INTERNATIONAL TRAILS DAY: June 7<sup>th</sup>, 2014

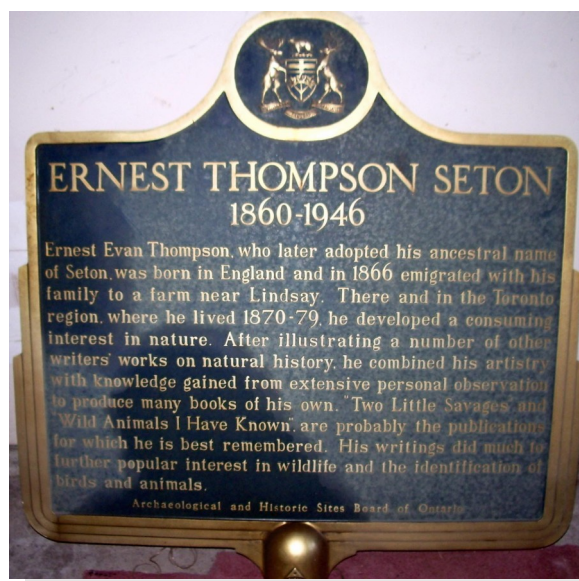
### Did You Know?



Did you know when Ernest Thompson Seton was a little boy, he emigrated with his family to a farm near Lindsay?

An historic plaque is located along side of the KTCT near the log cabin at Fleming College.

Stop by sometime and read about Seton, a local, famous nature writer.





## Geocaching Along the Trans Canada Trail



© K. A. Rosborough

By Carol Lunney, Managing Partner

Geocaching is a worldwide game of hide and seek using hand-held GPS units and your imagination. It gets you active outdoors and it's fun. It's great for families with kids to get them outside, away from video games and TV. And it gets seniors outdoors to enjoy nature and get active.

There are approximately 30 geocaches along the trail from Omemee in the east to Simcoe Street in the west. Geocaches vary in size from as small as a pea (nano) to as large as an ammo canister. The film size canister is quite common. Others (where the owner has made it less obvious as to what you are looking for) are classed as unknown. There are also puzzle caches, which might mean a little research either before or while you are on the hunt. The possibilities are endless on what you might come up with or up against.

The object of the game is to research the caches of where you are going, find the geocache, sign the log and then log your find on the website. Your only competition is yourself.

Geocaching will take you to unique and interesting places. Check out [www.geocaching.com](http://www.geocaching.com) to see what it is all about.

So get out there and have fun!

*Carol and Ken Lunney are Managing Partners and help look after a section the Kawartha Trans Canada Trail near Little Britain.*

## Supporter Profile: Karen Cook

**Thank You  
for all your  
support,  
Karen!**

Karen Cook continues to show her support for the KTCT by making a number of donations each year in memory of friends and relatives, for birthday and anniversary recognition, and other reasons, too.

As a retired elementary school principal living near the TCT, Karen uses the trail often. Not only for her horseback riding passion but for walking, too.

Her love of the outdoors makes the KTCT a natural fit for her support.



*Karen Cook (left) riding the KTCT*

## 2014 Ontario Volunteer Service Awards

Each year the province presents "The Ontario Volunteer Service Awards" recognizing individual volunteers for continuous years of commitment and dedicated service to an organization.

The awards are given out at special ceremonies held across Ontario where recipients are presented with a stylized trillium service pin acknowledging

ing their years of service as well as a personalized certificate.

The awards are bestowed in five year increments. In 2014, Kawartha Trans Canada Trail Association is pleased to have four recipients:

Bill Elliott,  
John Hagarty,  
Jim Paterson, and  
Ellen Woodward.

Thank you to all our long serving volunteers. Your dedication and generous gift of time makes a huge difference in the lives of the residents and visitors to the City of Kawartha Lakes and our trail – THE KAWARTHA TRANS CANADA TRAIL.

## New Cedar Benches

We have installed six new benches along the trail. And there are plans for more! We have established them approximately one kilometre from a designated starting point. So, you can walk to the bench, sit down and rest, then return having walked two kilometres—well done!

That's good for your health and fitness. Check them out at the following locations:

Fleming College > 1 km west  
End of Dobson Street > 1 km east  
Bridge in Omemee > 1 km east **and** 1 km west  
Village of Reaboro > 1 km east  
Eldon Road/Mariposa Creek Bridge > 1 km east



*Jim Paterson, Operations Volunteer*

**THANK YOU  
HOLLY SHIPCLARK**  
for your volunteer  
time and effort  
over the last three  
and a half years.  
We appreciate  
your assistance  
with KTCTA's  
financial  
administration.  
Good Luck to you  
in your new job  
with Kawartha  
Conservation  
Authority.

**WELCOME KYLA  
MAUDE,** who will  
take over Holly's  
activities.



### Manilla Gateway Sign

**There are plans for eight more gateway signs to be installed along the trail this summer.**

## 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*

Margaret Fevang  
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  
Bill Steffler  
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  
Club  
Omeme & District Lions  
Club  
Ontario 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 Leaders  
Henry & 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



## DeNure Donor Wall

Anne Glanfield  
Doug van Hemessen  
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  
Eileen Drury  
Dr. James I.H. Fawcett  
Marg Fevang  
Paul Fitzpatrick  
Pierre Girard  
Allan (Doc) Gleeson  
Pat Hayes  
Jim LaMantia  
David Lankin  
H. David Logan  
Holmes Matheson  
Evelyn R. McLean  
Peter McNabb  
Geraldine "Gerry" Moore  
Morgan O'Connell  
Margaret R. Price  
Elizabeth A. Richardson  
Brian Robertson  
Donald A. Rosborough  
Margaret A. Rosborough

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.  
Adam W. Lackey

Jonathan D.V. Lackey  
Luke Alexander Lackey  
Zack Lautenschlager  
Jean D. Mark  
Cassidy J. Murphy  
Egan C. Murphy  
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  
May 12, 2014.

Wall plaques are being updated. All names will be on the Donor Wall by mid-June.

## 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](mailto: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

**Erik Ellis**  
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**

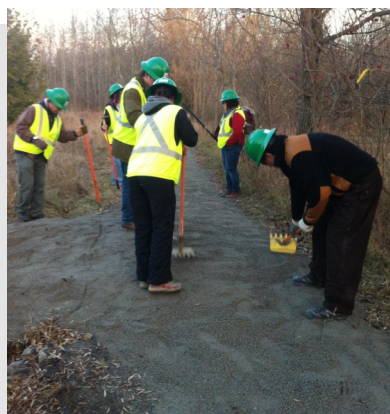
**Abercrombie Brothers**

**O'Reilly Family**

**Spokes for Folks**

**Lunney Family**

**Heart of Ontario Snowmobile Club**

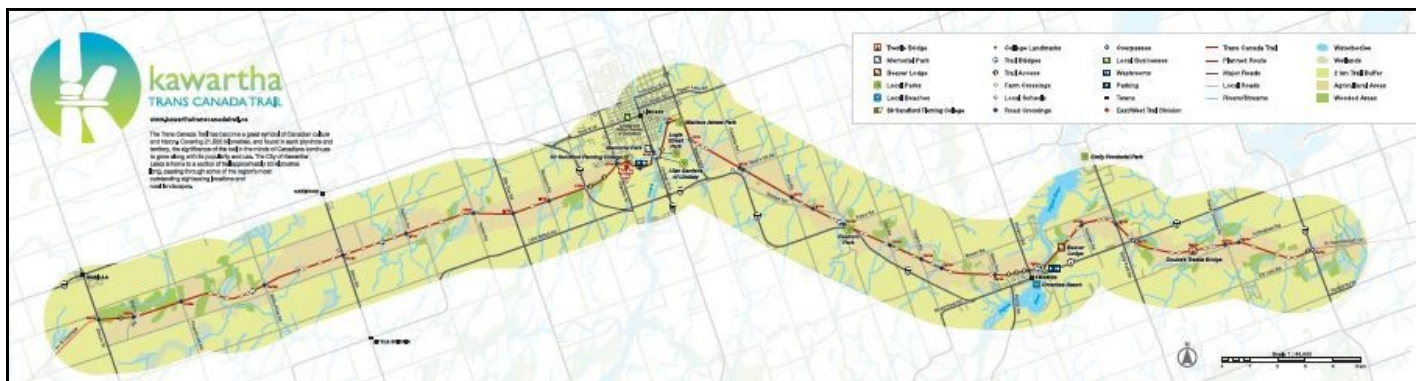
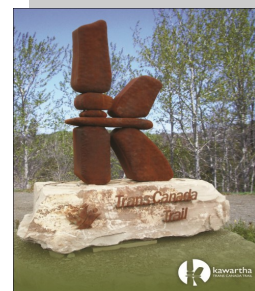


**Volunteers repairing washed out sections of the Kawartha Trans Canada Trail.**



## 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:

HONOREE'S NAME:

To whom should notification of donation be sent?

NAME:

ADDRESS:

CITY:

PROVINCE:

POSTAL CODE:

TELEPHONE:

EMAIL: