



Caledon Comment

Winter 2021 - 2022

Vol 57, No 4



Online

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PRESIDENT
Marilyn Ross
marilyn76@rogers.com

VICE PRESIDENT
Sandra Green
sgreenhikes@gmail.com

SECRETARY
Sally Cohen
salydave445@gmail.com

TREASURER
Andree Zeritsch
andree_zeritsch@rogers.com

BTC CLUB DIRECTOR
Heidi Bischof
heidibischof777@gmail.com

HIKING DIRECTOR
Rob Martin
rojmart5@gmail.com

TRAIL DIRECTOR
Heather Murch
heather.murch@hotmail.com

MEMBERSHIP DIRECTOR
Lynn Dobson
cl.dobson@hotmail.com

LANDOWNER RELATIONS DIRECTOR
Louise Carberry
louise.carberry@rogers.com

FUNDRAISING DIRECTOR
Linda Vezina
vezina.linda@gmail.com

LAND STEWARDSHIP DIRECTOR
Gary Hall
garyhall@rogers.com

PUBLICITY DIRECTOR
Maria Burton
maria@primalquest.org

VOLUNTEER COORDINATOR
Colleen Darrell
colleen.darrell@gmail.com

SOCIAL CONVENER
Sheila Kingsborough
sheilakingsborough@gmail.com

PAST PRESIDENT
Bob Ferguson
bobferguson@gmail.com

DIRECTORS AT LARGE

Danielle Koren
danielle@koren.ca

David Lamb
davidlamb3926@gmail.com

Peter Leeney
peter.leeney@utoronto.ca

Janice McClelland
janicedon86@gmail.com

Diane McKenzie
dimckenzie@bell.net

Support Volunteers

ADVERTISING COORDINATOR
Louise Porter
louise.porter@sympatico.ca

ARCHIVIST
Helen Billing
helen.billing.ca@gmail.com

BADGE COORDINATOR
Colleen Darrell
colleen.darrell@gmail.com

CAL E-NEWS EDITOR
Kristina Zeromskiene
calenews@caledonbrucestrail.org

CALEDON COMMENT EDITOR
Jean Kerins
jeankerins@yahoo.ca

LANDOWNER RELATIONS ASST.
Elizabeth Staite
staite@rogers.com

SOCIAL MEDIA COORDINATORS

Maria Burton
maria@primalquest.org

Colleen Darrell
colleen.darrell@gmail.com

Danielle Koren
danielle@koren.ca

Bill Murray
muskybill@gmail.com

Kristina Zeromskiene
kristina@kris-egis.com

STUDENT HIKING PROGRAM
Elizabeth Ganong
studenthikecoordinator@caledonbrucestrail.org

TRAIL DEVELOPMENT
Dave Moule
salydave445@gmail.com

WEBMASTER
Dave Guzda
webmaster@caledonbrucestrail.org

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Staying Motivated in January 2021. A creative
picture of Helen Billing, Club Archivist

DEADLINE FOR THE SPRING EDITION:

January 10, 2022

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Anonymous by Joan Richard (not anonymous)

In these weird and challenging times some words have taken on new and sometimes ominous meanings. Anonymous could mean an unknown benefactor or a malicious hacker group. This is the story of a beneficial anonymous gift.

I was pleasantly surprised during a recent hike in the Hockleycrest area to come across a donor plaque reading: *In recognition of an anonymous donation which preserved a portion of the Trail. May it inspire you to consider your own legacy in preserving this ribbon of wilderness.* This is an entirely new take on donor plaques, which usually name the source of larger donations in order to thank the donor, often with a bit of a ceremony, and in an effort to encourage others to do likewise.

By staying anonymous but still encouraging donations, this donor may have missed the opportunity to be publicly thanked. Hopefully instead they can be out enjoying the Trail and see many others also enjoying it. On behalf of all who benefit from it, I would like to thank them for helping to secure the Trail. In fact, let's thank all those who donate amounts large and small, as it all adds up, and bit by bit, we will get there, having a lasting memorial and a safe place to restore ourselves in nature.



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IN 2020 THE CLUB SPENT \$4604 ON PRINTING AND POSTAGE TO MAIL THE CALEDON COMMENT TO OUR MEMBERS

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Prediction Hike Fundraiser

On September 25, our Club welcomed fifty-one hikers to the Caledon Hills for our Prediction Hike Fundraiser. It was a gorgeous fall morning. The grass was dewy, showy red sumac leaves fluttered in a gentle breeze, and sunshine provided warmth from the slight chill in the air. Laughter and exclamations of “I’m so happy to see you. It’s been way too long!” rang out throughout the morning and into the afternoon.



Earlier, when participants had registered for the event, they chose between a 7 kilometre or 20 kilometre hike. For fun, they also provided a prediction of how long it would take them to complete their hike. They considered pace, distance, the hilly terrain, and a little extra time to soak in the wonders of nature. It sounded so easy, but on hike day, they could not use any time and distance technology. John Maxwell, one of our Club’s sawyers, tells a funny story about a hiker who was out on the trail a week or two before the event. The hiker came across a trail maintenance work party and was asked to pause. “But, but, I can’t stop,” the hiker blurted. “I’m practising for the Prediction Hike Fundraiser.” They all laughed and let the hiker safely pass.

Fun Fact: The Prediction Hike Fundraiser was the first event to use the new paid hike function on the BTC Hike Calendar.

We are ever so grateful to the Tai Chi-International Centre for kindly letting us use their property as our event base. There was ample room for parking, pitching our event canopies, and space to safely socialize. The 7 kilometre hikers headed south to the bench that overlooks a large expanse of spectacular landscape, just past 7th Line. Here, they turned around and made their way back to the finish line. The 20 kilometre hikers headed north on the main Trail, up and down some of our most challenging hills, to the north entrance of the Griffith Ravine Side Trail. Then back they came, this time taking the Glacier Valley and Hockleycrest Side Trails for some variety.



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The hikers were dazzled along the trail. The intense rain from earlier in the week made the sights and sounds of the creeks even more magnificent. Gigantic orange and yellow mushrooms were spotted along the Hockleycrest Side Trail and clusters of New England Asters burst like mini purple fireworks. Our guests were well cared for by eighteen fun loving and energetic volunteers - the set up crew, trail marshals, time keepers, badge presenter, parking director, first aider, and cookie and lemonade servers. It felt GREAT to offer some of our good old Caledon Hills hospitality to others.



Every hiker was a winner for trying something new, courageously joining in a group event, and being active in nature. Two people were winners for being great predictors. The closest 7 kilometre prediction was made by Ian Proctor. He was 1 minute 30 seconds over his anticipated time. Just 13 minutes separated Fayyaz Mahmood from his prediction for the 20 kilometre hike. Both participants were awarded a BTC diamond plaque made by Dave Moule and a gift certificate from Am Braigh Farm of Mono. A healthy event deserves a healthy prize. This local farm is well known for its delicious locally grown organic vegetables and fresh eggs. We thank the folks at Am Braigh Farm for their generous donation.

Our newest badge - Prediction Pete was adored by all. It was a colourful addition to badge seekers' collections, and a proud first badge for others. Rumour has it that Pete is going to meet a new friend Patrice. Anyone care to predict where this friendship will take them - new locations, different distances, new adventures?

Thank you to all of our participants, event day volunteers, and the many others who assisted with tasks leading up to the actual day. Everyone helped to make our inaugural Prediction Hike Fundraiser a huge success. Over \$1,000.00 was raised for the Caledon Hills Bruce Trail Club. The money will be used to make the trail even better and will benefit many.

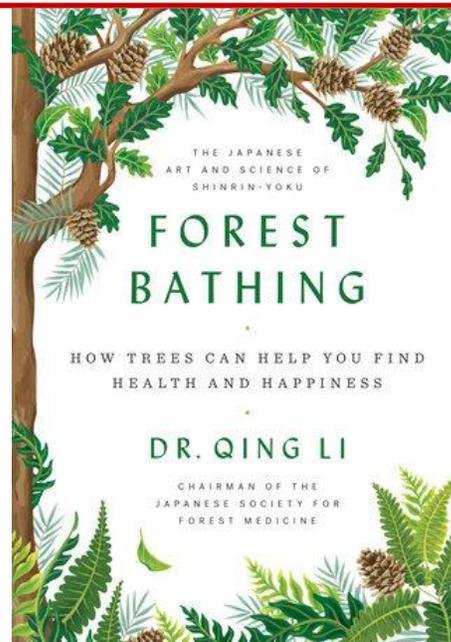


Here's to a great time spent with others!

Written by Sandy Green, Prediction Hike Co-coordinator with Sally Cohen

Forest Bathing by Dr. Qing Li

Book Review by Janice McClelland



A dear friend lent me this book. It is a calming book. In fact, the sub-title of the book is: How Trees Can Help You Find Health And Happiness.

The Book's full title is: The Japanese Art And Science of Shinrin-Yoku. Dr Qing Li, the author (and Chairperson of the Japanese Society for Forest Medicine) explains that *shinrin* in Japanese means "forest" and *yoku* means bath. So *Shinrin-yoku* means bathing in the forest atmosphere, or taking in the forest through our senses. "It is simply being in nature, connecting with it through our sense of sight, hearing, taste, smell and touch."

Dr Qing Li notes that although Japan is one of the most densely populated countries in the world, it is also one of the greenest, with a huge diversity of trees.

He advises us that even a small amount of time in nature can have an impact on our health – "A two hour forest bath will help you to unplug from technology and slow down. It will bring you into the present moment and de-stress and relax you." He points to data that show that forest bathing can lead to numerous health benefits such as reduced blood pressure, improved cardiovascular health, lower blood sugar levels, etc.

The book is chock full of photos of forests...

Dr Qing Li tells us that forest-bathing began to be introduced in Japan in 1982. In 2004, the scientific investigation of the link between forest and human health began in earnest. Research has now shown that forest-bathing lowers the stress hormones cortisol and adrenaline, suppresses the sympathetic or "flight or fight" system, enhances the parasympathetic or "rest and recover" system, lowers blood pressure and increases heart rate variability.

Although walking anywhere (in an urban or forest setting) reduces scores for anxiety, depression, anger and confusion, it is only walking in forest environments that has a positive effect on vigour and fatigue.

A two hour trip to the forest had a similar effect as longer excursions – you don't have to spend a lot of time in the forest.

Dr Qing Li's studies have shown that a forest-bathing trip once a month is enough to maintain a high level of natural killer cell activity. (Natural killer cells are a type of white blood cell and are so called because they can attack and kill unwanted cells, e.g. those cells infected with a virus or tumour cells.)

In the middle of the book, he presents additional information on what it is in the forest and soil that contributes to these positive health impacts and includes a few interesting

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paragraphs on “soft fascination”. (I leave it to you to read the book to learn about these aspects.)

If you want to try forest-bathing, he suggests that you find a place where you can feel comfortable, somewhere that will “fill your heart with joy”. If you are a Bruce Trail hiker, you can probably think of many such places. My two favourites so far are the Oliver Creek Side Trail area in the Dufferin Hi-Land section and the River and Ruin Side Trail in the Iroquoia section. Then engage your five senses – listen, look, smell, taste the freshness of the air, touch the trunk of a tree...walk as slowly as you like – walking slowly will help you to keep your senses open, to notice things and to smell the forest air.

The author devotes a few pages to Natural Silence. He says it has been called one of the most endangered resources on the planet....He asks “If there was one natural sound that you could preserve forever, what would it be?”

I could go on, however I recommend that you read the book and start your own forest-bathing – try it, you may like it!

On a couple of autumn evenings, retired Girl Guide Leaders in the Trefoil Guild joined Linda Vezina, our Club’s Fundraising Director, making festive gnomes and snowmen for our On-Line Winter Marketplace Fundraiser and for our Annual Christmas Tree sales at Hockleycrest Farm. Details about Hockleycrest Farm sales can be found on Page 15. Our thanks go to these wonderful crafters and to all the artisans who have donated their wares to support our Club and the Bruce Trail Conservancy.



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...And we can all use a little joy in our lives after the past couple of years!

Although we may not be back to "normal" just yet, we can permit ourselves to start dreaming of hiking adventures again.

We have been busy setting the scene for a safe return to travel, and we cannot wait to have you join us again.
Reservations have already begun!

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If you have your heart set on a particular destination, put your name on our [INTERESTED LIST](#) now, and we will notify you when we are ready to accept reservations (no obligation necessary).

UNTIL THEN...

We would love to keep you informed and engaged. Here are 3 easy ways to keep in touch that would benefit us both:

1. [Follow us on Facebook.](#)

We post daily on topics such as hiking tips & tricks, travel information, gear reviews, trip announcements and so much more.

Plus, we're pretty entertaining 😊

2. [Follow me on Instagram.](#)

Want to see amazing photos? Follow @maddhiker on Instagram. Maddhiker - that's me! Full disclosure - I sometimes also post pictures of my family and dogs.

3. Sign up for our monthly e-newsletter.

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Thank You Clorox/Glad Orangeville

By Bill Murray

Every spring, many of our volunteers delve into the woods along our section of the Trail to remove invasive species, particularly garlic mustard. It didn't seem right to me that we're sending volunteers out to pull weeds AND make them supply their own bags. Personally, I had some trouble finding black bags last spring.

So back in June, I approached a neighbor of mine, Belva-Jo Beachey who works for the Clorox/Glad Company of Canada right here in Orangeville, and asked her about the chances of a donation of garbage bags for the club. Belva-Jo, who is a member of the Clorox Environment Committee, suggested that I put together a proposal.

My efforts paid off when 740 black garbage bags in the 74L size were dropped off at my door. These bags are for our many volunteers for the removal of invasive species. Now, volunteers needn't worry about supplying their own bags. We should be covered for a season or two, maybe more depending on volunteer turnouts.

Thank you Belva-Jo and Clorox/Glad in Orangeville!



Bill Murray Collecting Garlic Mustard Spring 2021

What A Celebration! Well Done Bruce Trail Conservancy!

On October 2nd and 3rd, the newly-acquired 500+ acre Maple Cross Nature Reserve at Cape Chin was the site of a donor appreciation event. This event was the first in-person event for the Bruce Trail Conservancy in many, many months. As one of the fortunate participants, I can say it was well worth waiting for - both the opportunity to gather with like-minded individuals, and to celebrate this significant achievement by the BTC. Spending time on this beautiful section of the Peninsula on a sunny fall day was perfect.



The event started off with brief speeches from BTC CEO Michael McDonald; Maple Cross Foundation Founders Dr. Jan Oudenes and Dr. Isobel Ralston; and neighbouring landowner and BTC Supporter Mr. Ron Gatis. Then we headed out for a hike of the new Trail section. The hikes were hosted by BTC Ecology Staff which made for a very informative time on the Trail as we stopped to learn about different plants and natural features. The turquoise shore waters and beautiful vistas were stunning and will make a memorable backdrop for all who are fortunate enough to hike this section. One group was lucky to briefly see a massasauga rattlesnake, but all other wildlife remained in hiding during our visit.



Upon returning from our hike, time was provided to socialize; to enjoy delicious pizza from the wood fired oven and craft beer provided by Tagwerk – who also donated some of the proceeds to the BTC from every bottle sold. It was an opportunity to meet BTC Staff, Peninsula Club Volunteers, generous donors and to make plans to explore this new section.

What an accomplishment to have preserved 533 acres with incredible support from the membership, donors and community. What a pleasure to support this purchase, visit the property and look to future hikes on this stunning section. This is another gem in the Bruce Trail Conservancy crown for all to enjoy.

Lynn Dobson,
Membership Director

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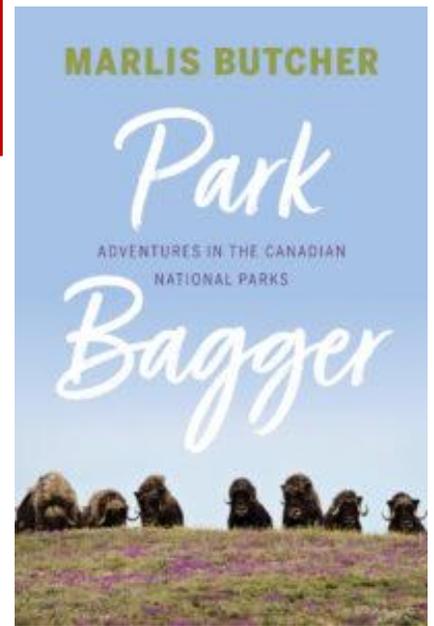


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Park Bagger: Adventures in the Canadian National Parks
Written by Marlis Butcher

Book Review by Joan Richard

Hikers and other nature enthusiasts will enjoy *Park Bagger*, a recently published collection of personal adventures and photos of all 48 national parks. Author Marlis Butcher is a former BTC board member and a member of The Explorers Club. Like me, you may enjoy comparing her account of familiar parks we have visited such as Banff, Jasper and Rouge. But there are also the parks most of us are barely aware of. Quttinipaaq comes to mind. Describing how a 2 day, 3 plane fly-in took 8 days or how forest fires in the Rocky Mountains threatened even a casual drive added a personal but informative touch to the stories.



The book is divided into a chapter for each park, so can be read in short sittings. This is firstly a personal account, with details that make you feel like you are there. It's about exploring and appreciating the parks, rather than lamenting losses and damage to the environment. So if you're in the mood for some good armchair travels, this is the book for you. Published by Rocky Mountain Books, I found my copy at the public library.

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Sandy Green - From Trail Captain to Sawyer

By David Lloyd

I first met Sandy in the early Spring of 2019, at the Forks of the Credit Provincial Park, where she had recently assumed the role of Trail Captain for the section. As her Quadrant Leader, we did two orientation hikes to cover the duties of a trail captain. Sandy immediately made a good impression with her enthusiasm and attention to detail.

Shortly after this, Sandy expressed an interest in helping out on trail maintenance work parties. Over the next year or so, she participated in a number of activities with me and often with John Maxwell. We repaired stairs on the McLaren Road Side Trail, replaced a rotted dodgeway post where the Trail goes under the Hwy 10 tunnel, and replaced boards on the large boardwalk on the Crow's Nest Side Trail. This activity was captured in a photo that was published on the cover of the Spring 2020 issue of Caledon Comment. Sandy also helped out as a "Chainsaw Guard" for a number of tree cutting activities.



It was apparent to me and others that Sandy had a desire to learn about trail maintenance activities and the skills and tools needed to do these jobs. About a year ago, I asked her if she was interested in learning how to use a chainsaw and eventually take the chainsaw certification course. She said yes without any hesitation. There was a "Catch 22" kind of obstacle. As indicated in the BTC's Chainsaw Policy, Trail workers are not allowed to use a saw on the Bruce Trail unless they are certified. This issue was solved when Dave Moule agreed to allow us to conduct the training on his property. Dave scouted out trees for the practice sessions. Dave and John Maxwell also participated in some of the training activities.

What happened next was recorded in Sandy's own words in an email to the club's Trail Director Heather Murch:

"David Lloyd has suggested that I email you regarding the next BTC Chainsaw Training Course. I am highly interested in taking the course. I believe there is one in the planning stages for this October.

Since January of this year, David has been instructing me in the proper use of a chainsaw. He began by sending me hours of Youtube videos to watch and take notes. In March, my training then moved to practical field work. I presently have 11 and 1/2 hours of actual practice, thanks to Dave Moule and his permission to practice on his property. Recently, I bought my own chainsaw. Another friend, Daryl Keays has lined up some more practice for me in early October.

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I hope the formal BTC Training Workshop plans come to fruition. I'm eager to use my new skills to help maintain the safety of the Bruce Trail and to help build new trails."



Sandy was added to the list of people taking the chain-saw course that was held on Saturday, October 16 and Sunday, October 17 at the Mansfield Outdoor Centre. She passed the course with flying colours and as a notable outcome became the first certified woman sawyer in the history of the CHBTC - quite an achievement!

Note from Editor

I emailed Sandy my congratulations. She was full of praise for John, Dave, Daryl, and especially David for all their patience and guidance, and for sharing their expertise. She expressed that in all of her years of teaching and being a mother, she never dreamed she'd become a sawyer for the Bruce Trail. She was happy for the opportunity to learn something new, to work with great people, and to play a part in caring for the Trail that she has loved since childhood.

Congratulations Sandy!

Cross-Country Skiing 2021 - 2022

Cross-country skiing will be available again this year on the trails north of the Mono 5 Sideroad. Access is from the parking lot at km 45.5 in the 30th Edition of the Bruce Trail reference. Trails will be groomed for classic skiing, when snow conditions permit.

There is one small but important improvement to the trail network this year: a new handshake agreement with a landowner has allowed us to add a new link to the system. This is a very easy, flat trail, which will enable skiers to reach the easy trails in the central portion of the network without having to negotiate some very challenging hills along the way.

For complete information about the ski trails, members can click on the [XC skiing tab](#) on the club website.



A Talisman is an object that someone believes holds magical properties that bring good luck to the owner or protect the owner from all evil.

The Talisman Ski Resort was located near the quaint town of Kimberley, Ontario. When the Talisman Ski Resort opened its doors on Christmas Eve in 1963, Ontario was introduced to the most elaborate ski lodge ever built in the province. Twenty-six rooms and two large dormitories made up the main chalet. At one point in time, the 200 acre property held the title “Ontario’s largest ski resort”.

By 1964, Talisman became a year round resort with the additions of a golf course and two swimming pools. It was with these additions that the resort welcomed the world to Ontario’s premier four season destination.

During this time period, it appeared that Talisman Ski Resort held magical properties. It was a haven for passionate hikers, golfers, bikers, skiers, snowboarders, and for those simply needing a place to recharge.



After nearly forty successful years, the “Talisman” started to lose its magic. It was beginning to lose its ability to bring luck to its owner or protect its owner from all evil. In 2009, the resort ran into financial difficulties, claimed bankruptcy and was forced to close. In 2013 the Municipality of Grey Highlands made the decision to take over the property. The municipality severed the top part of the property and sold the lodge property and the golf course property to a numbered company. The numbered company ran into its own financial troubles while reportedly spending millions trying to restore the resort.

In 2019, the municipality foreclosed on the former golf course. Ownership of the golf course was transferred to the municipality. The numbered company retained ownership of the lodge.

Today, near the Bruce Trail, rusting ski chairs hang over grassy slopes. The cables on which the chairs ran have been removed. The swimming pools are no longer filled with clear water. The golf course has been left uncut. The resort that once bristled with families and skiers taking to the slopes and enjoying drinks at après-ski bars has sadly disappeared. All that remains are the remnants of a property that once had the magical properties of a “Talisman”.

Directions to the former Talisman Resort: Beaver Valley Section of the Bruce Trail – The Trail arrives at Sideroad 7A. At km 85, the Trail turns right over a stile. This marks the western boundary of the former Talisman Ski Resort.

This story is one of the 100 Forgotten Sites along the Bruce Trail. If you would like to support the publishing of the book 100 Forgotten Sites Along the Bruce Trail by obtaining a copy of 100 Hikers 100 Hikes, please contact Andrew at acamani50@gmail.com

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Save the Date

Winter Marketplace Fundraiser—Ongoing

Annual Christmas Tree Sale— Weekends Beginning November 27th (Pg 15)



The 2021—2022 Caledon Hills BTC Board of Directors (at least some of them) on one of our regularly scheduled zoom meetings. Thank you Heather Murch for this fun picture. Despite not being able to meet in person, these wonderful volunteers, and many more, still manage to keep the wheels of the club turning and the Trails in our section in excellent shape.



**The Bruce Trail Conservancy Mission:
Preserving a ribbon of wilderness, for everyone, forever.**

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