

Manitoba
Recreational

Trails Association

Newsletter



Trans Canada Trail Appoints Sanderson Layng as President and CEO

Toronto, January 9, 2006 - The Board of Directors of the Trans Canada Trail Foundation is pleased to announce the appointment of Sanderson Layng as president and CEO.

Sanderson Layng joins the Trans Canada Trail team after having served as president of some of Canada's leading non-profit organizations including the Canadian Captioning Development Agency, Concerned Children's Advertisers and the Alliance for a Drug-Free Canada. Sanderson also has extensive private sector experience from his leadership roles at Social Portfolio Management Inc. and Knowledge Transfer Enterprises.

John Bellini, a founder and first president of the Trail project, has become Chief Trail Development Officer with the exciting responsibility for building the remaining elements of the Trail by the fall of 2010. "The growing support and anticipation for the Trail over the past decade has been amazing," said John Bellini, Chief Trail Development Officer. "The building of the trail is for all Canadians to be a part of and I'm pleased that Sanderson has joined our team to help us complete this legacy project."

For more information, please call
Sanderson Layng
Office: 647-883-2700
slayng@tctrail.ca



Index

Sanderson Layng	1
Manitoba in Motion	2
Pinawa/ATV Drivers	3
Senkiw Bridge	4
Maintenace Plan	5
Sentier Cloutier Drive	6
Blazing New Trails	7
TCT Updates	8
Funding Sources	10
Save Our Seine	10
West St. Paul	11
About the MRTA	12
TCT Trail Challenge	12

Manitoba in *motion*

In August 2004, Manitoba Premier Gary Doer announced creation of an all-party task force called Healthy Kids, Healthy Futures. The purpose was to ask Manitobans how to help children and young people enjoy the best possible health now and into their adult lives. The task force was particularly interested in factors that affect child health in the areas of nutrition, physical activity and injury prevention. One of the recommendations from the task force report was for the province to introduce **Manitoba in *motion*** in the fall of 2005.

On October 5, 2005 over 50,000 Manitobans from across the province celebrated the launch of **Manitoba in *motion*** by participating in a 10 minute walk at noon.

Manitoba in *motion* is a strategy designed to help Manitobans make physical activity part of their daily lives for health and enjoyment. It signals Manitoba's commitment to join with community partners, health, healthy living, recreation, sport and education to raise activity levels and reduce barriers to physical activity. The provincial vision is to increase physical activity in the province by 10 percent by the year 2010.

Most of us already know the importance of active living. Physical activity increases energy, reduces stress, strengthens the heart and lungs and helps us reach and maintain a healthy body weight. The result is a better quality of life. Yet less than half of all Manitobans get enough physical activity to gain these healthy benefits. How much physical activity is enough? One good place to find an answer is *Canada's Guide to Healthy Eating and Physical Activity* on the web at www.eatwellbeactive.gc.ca.

Manitoba in *motion* has four key components:

- building partnerships
- increasing public awareness
- developing strategies for target areas
- measuring success.

Manitoba in *motion* strategies will focus on children, youth, adults, older adults and families in communities, workplaces and schools. **Communities in *motion*** and **Healthy Schools in *motion*** are two program offshoots.

Communities in *motion* encourages all parts of the community such as local governments, health services, recreation services, schools, workplaces and neighborhoods to do their parts to increase physical activity opportunities for everyone.

Healthy Schools in *motion* are schools working toward the goal of 30 minutes of physical activity every day for every student. This can be achieved by any combination of physical education, activity breaks, physical activity programs, intramurals and special events. Since the fall 2005 launch, 290 schools have registered. Schools receive a resource manual and a bin full of physical activity equipment.

Manitoba in *motion* held regional workshops throughout the province in the fall of 2005. Enthusiastic representatives from a variety of sectors including health, recreation, sport, education and municipal governments attended the workshops.

Manitoba in *motion* can provide support, training and Physical Activity Grants to help community partners get "in motion". Community leaders and individuals interested in partnering with others to increase physical activity in their communities can find out more about grants or workshops at www.manitobainmotion.ca or call toll free 1-866-788-3648 or 945-3648 in Winnipeg.

By December 2005, 12 communities had registered as communities in ***motion***

TRAIL USER CONFLICTS IN PINAWA



Trail Friendly to hikers, bikers and, in winter, skiers

“We have the suspension bridge, the sundial and a fabulous network of trails for hikers, skier and snow mobilers...The trails were built and are maintained by volunteers with much help through government grants...The trail is rendered unusable and in fact dangerous for hikers...damage done...will cost \$8,000 to repair which is all the money remaining from government grants...regulations [will be enforced] with the help of the RCMP and Natural Resources including prosecution of persons removing signage and barriers.”

Excerpt from Pinawa's Mayor's Message – A Little Common Sense

“Your tax dollars and mine have been spent to provide a recreational conduit across the province and now some folks on ATV's, who were apparently not involved because they don't know the designated uses, have undone a lot of volunteer effort (some 300 hours of labour on the most damaged 3 km section).”

“The damage was done in just a few passes and in a few days, but the damage continues...environmental impacts have and will occur and in many cases upset the drainage regime”

“\$10,000 was spent in 2003 removing ruts made by off road vehicles some 10-15 years ago on the 'historic Old Buggy Trail' from the Alice Chambers Trail to Old Pinawa.”

“We aren't suggesting that trails can't be used by ATV traffic, what we are suggesting is some are off-limits until very dry weather and that they be used with extreme care.”

Excerpt from Marsha Sheppard's, "Build and they will come- but maybe not how and when you expect: Major damage to the Trans Canada trail by ATV traffic" printed in The Paper on June 8, 2004



Picture shows the damage to a trail when an ATV is driven over it with reckless abandon.

Bridge symbolizes linkage between history and future



This picture is of the Senkiw Bridge. The suspension bridge crosses the Roseau River and is located in the RM of Franklin.

The historic Senkiw suspension bridge that crosses the Roseau River in the RM of Franklin is once again a safe place to cross the river. A celebration marking the completion of the restoration project took place Sunday, Aug. 21, 2005. About 250 people participated in this special event. Speakers paid tribute to the people who built the footbridge in 1946 and referred to the bridge as a symbolic link between the past and the future.

The bridge, now part of the Crow Wing Trail, was originally built as a crossing for children attending the Senkiw School. When the school closed in the 1960s, it was no longer needed and not maintained. Restoration was spearheaded by the RM of Franklin Crow Wing Trail committee that is developing 75-kilometres of the 181-kilometre trail between Emerson and St. Norbert. The Crow Wing Trail is part of the Trans Canada Trail.

The restoration project was funded mainly through a Manitoba Millennium Fund grant that was matched by funds raised through community fundraising events and in-kind contributions, says Eileen Gunn, chair of the RM of Franklin Crow Wing Trail committee.

John Andrusyk, now living in Morris, cut the ribbon during the opening ceremonies. Andrusyk started school in 1948, two years after the footbridge was built.

"I have probably crossed the river on that bridge more often than anyone else," he said in an interview.

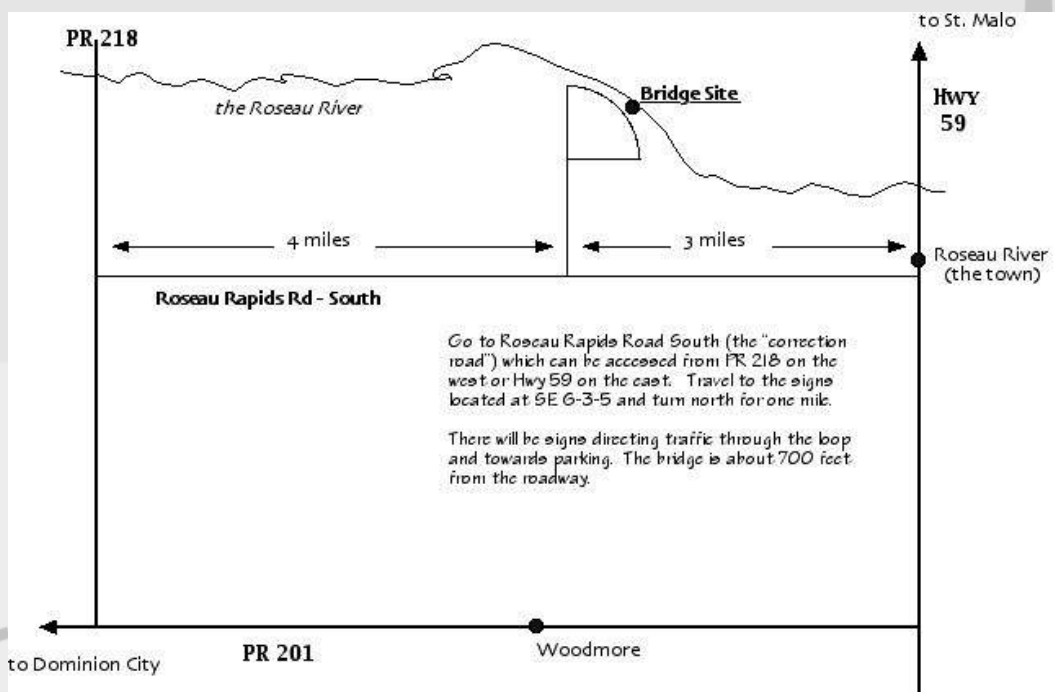
Before the swinging bridge was built in 1946 people crossed the river in a basket large enough for four to five children. The basket was attached to a cable and manually pulled to the other side.

As a fundraiser for the restoration project, planks were sold in 2003 and names of donors were routed into the planks as permanent recognition of their support.

Jeff Smith, 32, of Winnipeg has a summer home near the bridge. "I heard about the bridge when I was a child," he noted explaining his parents were originally from the area.

"This is a great project," he added. "It is a great landmark to draw people to the area. The scenery is so beautiful. I plan to come often and bring visitors here to see it."

(condensed from the article by Gladys Terichow originally printed in *The Carillon*)



Trans Canada Trail - Province supports the development of a maintenance plan

In August, 2005, the Province presented the Manitoba Recreational Trails Association with a cheque for \$25,000.00. This funding will provide the resources necessary to develop a maintenance plan for those portions of the Trans Canada Trail which have already been constructed in the Province.

In a conveyance letter, the Honourable Eric Robinson, Minister of Culture, Heritage and Tourism, acknowledged the contribution that the MRTA and their many volunteers are making in Manitoba by building recreational trails for all to use. He congratulated the local community based trail groups on completing 61% of Manitoba's portion of the Trans Canada Trail. He noted that, trails connect communities and enable Manitobans and visitors to our Province to experience the best of Manitoba's varied natural, geographic, historical and cultural features while participating in healthy, active lifestyles.

The Grants Committee of the MRTA is working on developing a Request for Proposals that will determine the best way to fund trail maintenance and refurbishment for the Trans Canada Trail in Manitoba. The initial contract will provide the following in each of three components:

Trail Refurbishment Component

- guidelines for the trail refurbishment program
- criteria for eligibility and reasons for the criteria
- a comprehensive list of current trail projects in the province that could meet the criteria
- a recommended application procedure

Trail Maintenance Component

- guidelines for a long-term maintenance and management program for the TCT in Manitoba.
- a comprehensive list of current trail sections in Manitoba that require maintenance, the nature of the necessary maintenance, and recommendations for guidelines and implementation of a maintenance strategy.
- Provided reference material referring to similar programs existing in other jurisdictions.

Financial Component

- Supplied recommendations on long term funding options for a trail maintenance plan
- Provided reference material referring to similar programs existing in other jurisdictions.

Trans Canada Trail stewardship groups have recently been asked for their input and comments on these deliverables.

Winnipeg's Sentier Cloutier Trail is now open!



Sentier Cloutier Trail

\$175,000 section of Trans Canada Trail invites exploration!

In a unique partnership agreement, the Province of Manitoba, City of Winnipeg and the Cloutier Drive Residents Association have come together to provide what was a former dumping ground into a distinctive area for recreation and habitat redevelopment. Winnipeg's newest section of Trans Canada Trail, the Sentier Cloutier Trail is now open to discover!

Completed in late fall of 2005, Sentier Cloutier Trail is the northern most leg and one of seven trails which make up the St. Norbert Heritage Trails system. The St. Norbert Heritage Trails pass over the Red River Floodway Gates and travel into the lip of the floodway connecting with the Crow Wing Trail. Maps, photos and detailed information on Sentier Cloutier Trail and the other trails which make up the St. Norbert Heritage Trails system can be located at www.mrta.mb.ca/stnorbert

The Cloutier Drive Residents Association, stewards of Sentier Cloutier Trail invite you to walk, cycle, jog, rollerblade or sled the 2 km asphalt surfaced trail. Three and a half years in the making, Sentier Cloutier Trail was designed in collaboration with the City of Winnipeg Access Advisory Committee, founders of Manitoba's largest walking club, the Prairie Pathfinders, the Manitoba Cycling Association and Thomas Hilderman Frank and Cram landscape architects.

Features of the trail include:

- Four season multi-use trail (bikes, pedestrians, roller sports, cross country skiing)
- Accessible for wheelchairs, and electric access carts
- Asphalt surfacing 2 km in length 2.4 meters in width
- 3.5 km+ of additional wood chip/natural trails leading off the main trail
- Multiple access points off Cloutier Drive
- Interpretive signage on natural and historic attributes of the area
- Benches and refuse containers
- Re-Vegetation and naturalization areas

Sentier Cloutier Trail weaves through 44 acres of Provincial land, alongside the Red River and is unique in that it passes through two mature nurseries and four of Manitoba's major habitats:

1. River Bottom Forest
2. Wetlands
3. Tall Grass Prairie &
4. Oak and Aspen Forests

The Cloutier Drive Residents Association recently secured a three year financial commitment from the Fort Garry Rotary to focus on maintaining the newly developed 2 km trail, habitat preservation and reforestation, bench, bat and wood duck box installation and development of an interpretive program for schools. Two volunteers from Katimavik, Canada's largest youth volunteer program have been working over the winter months preparing discovery programming for the 2006 season. Check out the upcoming events at www.mrta.mb.ca/stnorbert and come explore this unique urban trail!

Submitted by: Janice Lukes

Winnipeg Trails Association in High Gear!

--Blazing New Trails in Winnipeg--

Submitted by: Janice Lukes

The Winnipeg Trails Association (WTA) is blazing new trails with a coalition of enthusiastic trail builders and community organizations! Thirty two people attended the Feb. 1st Winnipeg Trails Association meeting - all with a common goal of accelerating connectivity and trail development in Winnipeg!

Originally established in 2002, the WTA conducted a study examining the status and plans of various community based trail associations and how these trails might be linked to create a more connected trail system in Winnipeg. The study formed the basis of a report - the Strategic Trails Plan for Winnipeg which recommends priorities and projects required to accelerate trail development. The report is posted on the Winnipeg Trails Association Listserv at: <http://groups.yahoo.com/group/WinnipegTrailsAssociation>. A key recommendation of the report was to hire a coordinator to facilitate the priorities and projects.

In January of 2006, a partnership with Rivers West, the Manitoba Recreational Trails Association and City of Winnipeg enabled the hiring of Janice Lukes as Winnipeg Trails Association Coordinator with funding also provided to hire a term assistant. Janice's experience in marketing, public relations and trail building will provide the foundation to develop a resource centre for trail builders and community organizations. Paul Jordan, COO of The Forks North Portage Partnership Corporation will take the reigns again as Chair of WTA and will focus on securing a strategic development plan for capital projects, and funding for way finding signage and a marketing and communication strategy.

For more information on the Winnipeg Trails Association, please contact:



Janice Lukes

Winnipeg Trails Coordinator

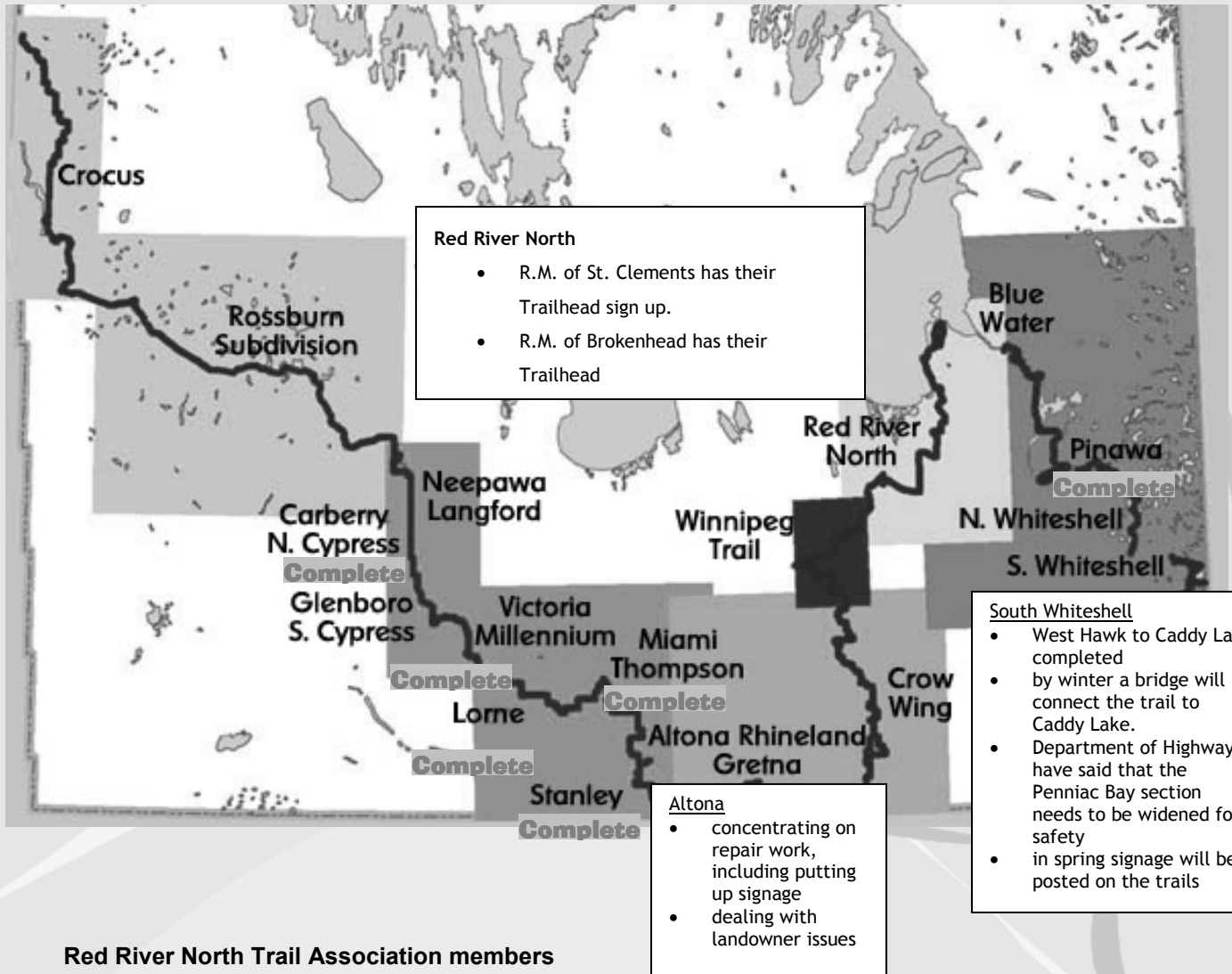
Email: jlukes@shaw.ca

Cell: 952-4222

Winnipeg Trails Association Listserv

A listserv has been established as a source of communication. You are invited to become a member and can join the forum at: <http://groups.yahoo.com/group/WinnipegTrailsAssociation>

TCT DEVELOPMENT UPDATE



Red River North Trail Association members find Mile Zero of the TCT



Marlene Cook on the left, and Darlene Fisette on the right.

Winner of Red River North 50/50 Fundraiser draw



Left to Right: Kurtiss Krasnesky, President; Winner Dana Cooke; Marlene Cook, Vice-President.

Winner of \$851.00 - Dana Cooke of Selkirk MB.

TCT DEVELOPMENT UPDATE CONTINUED



Glenboro/South Cypress

Glenboro/ South Cypress trail section north of the Assiniboine River, located throughout Spruce Woods Park was completed in 2005. The north section of trail is approximately 21km long. It runs from the Assiniboine to the North Carberry/Cypress boundary.

About 3 km of the trail runs along side the highway, giving trail users a safe place to walk. The trail allows users to access other trail like Epinette Park Creek Trail. This trail no longer needs to be accessed from the highway because the TCT now provides access to the Epinette Park area.

The north section provides interesting views of the Spruce Woods Park. The trail runs over a beaver dam. The trail was fitted with a beaver culvert, before it was lime stoned over. This passage allows for majestic views of the Tamarack Swamp.

Note: Trail users have access to washroom facilities throughout the trail.



Rosburn Subdivision Trail

The Rosburn Subdivision Trail has seen some improvements since the tracks and several bridges were removed. A wooden trestle bridge that was burnt in the RM of Strathclair has now been looked after by the RM through a project initiated by the RM and funded in part by the Millennium Fund. They have provided a low level crossing which makes it safe summer and winter for users.

The bridges that are still not replaced in the RM of Rosburn will be taken care of come spring, bridges will be replaced with low level crossings. The RM working with DFO & Conservation is making sure that it is all done correctly and doesn't affect the flow of water.

With this last stretch, when completed, the entire trail will be ready for all the user groups. There may still be a few areas that have too much ballast but we are encouraging people to help themselves while being sure they don't damage the trail bed in any way.

FUNDING SOURCES CONTACT LIST

ENVIRONMENTAL YOUTH CORPS PROJECTS

In November 2005, the government announced the funding of 13 Environmental Youth Corps (EYC) projects. Projects must relate to environmental protection, enhancement, rehabilitation, conservation and resource management. Approved projects are eligible for up to \$5,000 in financial assistance to cover project costs such as supplies, equipment rental and transportation.

A number of the projects funded included a trail related component. For more information on this program, see the Sustainable Development Innovations Program website at: <http://www.gov.mb.ca/conservation/pollutionprevention/eyc/index.html>

HOMETOWN MANITOBA

Rural and northern communities are encouraged to enhance their streets, buildings and community environment by taking advantage of the Hometown Manitoba program.

In 2005, Hometown approved 191 projects representing program commitments of more than \$350,000. Many of these projects included a trail enhancement component such as benches and decks.

The Hometown Manitoba 2006 application guide is available from GO Centres and GO Team offices of Manitoba Agriculture, Food and Rural Initiatives (MAFRI) as well as the local and regional offices of community and regional development corporations, the Department of Aboriginal and Northern Affairs, municipal government offices and chambers of commerce. It can also be accessed in both English and French through the MAFRI website located at <http://www.manitoba.ca/agriculture/ri> by clicking on the scale version of Hometown Manitoba Program Guide. Information on the program can also be obtained by calling 1-800-567-7334.



First Seine River Greenway Map!

On November 25, 2005 SOS launched their first Seine River Greenway Map.

The map at the back of the Seine River Greenway Study (1:8,700 scale) became the starting point for the new Greenway Map.

The new Greenway Map displays the Seine and the local area. The local area includes parks, public preserves, and infrastructure.

The Greenway Map is double-sided, full colour, and measures 24"x36," and is available as a poster or folded map. Maps are available for \$8.00 at a variety of retail locations in Winnipeg, listed on the SOS website: www.saveourseine.com

For more information about SOS contact:
SOS Coordinator, David Danyluk (204) 470-9247 contact@saveourseine.com

Happy trails in West St. Paul

Municipality breaks ground on first kilometre of trail System

By Elizabeth Solo

For West St. Paul, even the longest journey starts with a single kilometre.

On Sept. 28, the municipality held a ground breaking ceremony to celebrate plans for the first kilometre of a new trail system organizers hope will eventually span the greater part of the RM.

Plans called for work to start on the first leg of the trail by next week at two different locations. One trail will run from Grossmere Road to the West St. Paul School and the second from Drury Road to Boat Launch Road.

"We wanted to provide kids with a safe way to go to schools so they wouldn't have to cross Highway 9, which is a major road," said Stephanie Foy, recreation co-ordinator for West St. Paul.

Wayne Poloway, chairman for the West St. Paul trail committee, says the entire idea for a trail system in the municipality originated from a concern for walkers in the RM.

Permission to reprint this article was given by the Selkirk Journal

"A lot of our residents currently walk along the gravel by the side of the highway and we wanted to take all our residents, old, young and cyclist off the highway and give them a safe place," said Poloway.

Foy said not only does the trail address safety concerns but it should also address recreational needs of those living in the municipality.

"We're trying to get people moving, and if there is no safe place for them to walk, chance are people are less likely to get out and walk," said Foy.

"We're planning for more trails from McPhillips Road to Grossmere Creek and this would be perfect for residents to walk to the new multiplex West St. Paul is planning," added Poloway.

Foy says this first kilometre of trail is the result of the committee's work over the last two years. She added it is the municipality's and the committee's goal to have the entire RM linked by trails by 2010.

According to Foy the cost for the first kilometre will run approximately \$10,000 with the municipality covering the majority of the cost.



ABOUT THE MRTA

The mission of the MRTA is “to provide the support, knowledge, information, technology and resources necessary to promote the construction and use of recreational trail throughout Manitoba, thereby improving the economy, the environment and human well being.”

Manitoba Recreational Trail Association (MRTA) is the official body overseeing the coordination of the building of the Trans Canada Trail in the province. The MRTA is governed by a volunteer board, currently consisting of ten people, including regional representatives. It is a governing and overseeing body providing management and direction for trail development being undertaken by 17 regional trail associations, with a total of over 250 volunteers. The MRTA works closely with Jacquie Crone, The Provincial Trails Consultant.

The MRTA office is located in the Land Information Branch building, at 1007 Century Street, Winnipeg Manitoba.

Phone (204) 786-2688 ♦ Fax (204) 945-1365 ♦ Email mrta@mts.net



IMPORTANT NOTICE

MRTA AGM will be held on Saturday, April 8, 1:30 p.m. at Union Centre, 206-275 Broadway Avenue in Winnipeg. Watch your mailbox for more details.

Announcing Trans Canada Trail Challenges **2006**



A great way to experience the Trans Canada Trail!

Lower Fraser Valley: Sunday June 25
Osprey Lakes to Princeton: Sunday July 9
Go to www.trailsbc.ca to register or for more information.

Trans Canada Trail -- Experience It!