



Leave No Trace/Sans trace Canada is here!

Inside this issue:

| | |
|---|---|
| <i>Western Canadian Master Educator Course held</i> | 2 |
| <i>Wildlife in Winter</i> | 2 |
| <i>Board Meeting in Calgary</i> | 3 |
| <i>News You Can Use</i> | 3 |
| <i>Mountain Equipment Coop/Breathe support Leave No Trace</i> | 4 |
| <i>Leave No Trace Partners</i> | 5 |
| <i>Upcoming Courses</i> | 6 |
| <i>A Note From the Chair</i> | 6 |

On Friday, March 24, 2006, LEAVE NO TRACE CANADA-SANS TRACE CANADA officially began its operations. Leave No Trace/Sans trace Canada is a national non-profit organization dedicated to promoting and inspiring responsible outdoor recreation through education, research and partnerships. Leave No Trace builds awareness, appreciation and respect for our natural areas. The board of directors are

looking forward to a great first year. Some of the goals we have set include increasing training and education programs and creating and obtaining more Canadian specific resources.

Board of Directors at the first Meeting in Kananaskis, Alberta



Special points of interest:

- Trainer Courses occurring across Canada this spring and summer. For more information contact Leave No Trace/Sans trace Canada

Thank you to our founding partners

Our Founding Partners



Western Canada sees its first Master Educator Course



Master Educator Trainer Debbie van Berkel discussing pristine campsite selection.

From September 25-29, 2006 Ambassador Outdoor Education hosted the first Western Canadian Master Educator Course. The participants met in Calgary for the first day of instruction and preparation and then headed out to the Mocking Bird Girl Guide camp located 75 kilometers northwest of Calgary. The hike was in the foothills along the Ghost River in the shadow of Devil's Head. After some early rain the

weather cleared and brought beautiful autumn weather. The first two days of the hike were in an area that was heavily used by off highway vehicles with numerous heavily used campsites with high levels of impact. On the third day we crossed the river and traveled in pristine terrain. The group immediately found animal skulls and remnants in the relatively untouched area. One participant commented that when we crossed the river a weight had been lifted

from him. The group had a wide representation of backgrounds. (Nunavut Tourism, a high school student, a high school teacher, 3 avid outdoors people who were employees of Mountain Equipment Coop) Instructors were Debbie van Berkel (lead), Jonathan Wynder, and Mike Horembala. Participants were Chris Adshade, Holly Gail, Mick Laut, Bill Bagshaw, Kira Pena, Dan Bedard



In Winter Wildlife Need Extra Care

Wisdom is a product of action, not study

This past weekend I was cross country skiing in Kananaskis (1 hour west of Calgary) It was early evening and I was on my way back to the car after a great ski when I noticed some small willow branches on the trail. A few strides later 3 meters from me on my right a cow moose lifted her head while she was kneeling to eat some branches. I was quite startled and did not stop until I was well down the trail. From 100 me-

ters I was able to watch the cow and calf without impacting their behavior. At the next trail intersection I saw some coyote scat with some blood in it. I wondered what this animal was going through. A short distance later I saw a white tail deer on the trail and watched it until it bounded off through the deep snow of the woods. My mind wandered to the extra needs of wildlife during the cold winter season. Due to deep snow and the extra energy re-

quirements caused by cold weather life is very challenging for wildlife.

Winter is a critical time for animals and it is important for us to avoid or at the least keep a safe distance away from them.

Mike Horembala

Leave No Trace Board has first post launch meeting

On November 10-13, 2006 the Leave No Trace Board of Directors held their first face to face meeting since the Launch in March. The meeting was held in Calgary at the Calgary Area Outdoor Councils office along the Bow River. In attendance were Gerard Gagnon, Justin Ellis, Dean Cattell, Katherine Reiffenstein, Todd Ward, Tina Barzo, Laurie Edward and Mike Horembala. Unable to attend were Jody Conrad and Kate Moylan.

Also in attendance and of great help was Chris Adshade. A volunteer from U of C law school, Jocelyn Stacey, attended part of the meeting. The board revisited the goals for 2006 and then worked ahead laying out a 5 year strategic plan. Key points included obtaining secure funding sources, partnerships and further development of operating structure. It was a very productive weekend and all board members left feeling optimistic

about the upcoming year.



Board working on strategic planning

news you can use news you can use

Tech Tip for your snowy path

If you get out on snowshoes this winter, try not to step on crosscountry or touring ski tracks as this could greatly affect the pleasure of the next skier's experience. If you are braving the snow-pack in a pair of boots, try

to keep off both the ski and snowshoe tracks if possible. This simple act helps with a better experience and safety for all. Have fun out there.

-Keith Dunning



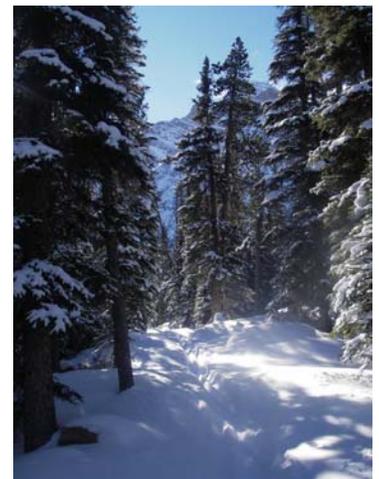
For more information on Leave No Trace practices go to our web site at www.leavenotrace.ca

Disposing of Waste Properly in the Winter

- Pack It In, Pack It Out. Pack out everything you bring with you. Burying trash and litter in the snow or ground is unacceptable.
- Pick up all food scraps, wax shavings and pieces of litter. Pack out all trash: yours and others.
- Pack out solid human

- waste. In lieu of packing it out, cover and disguise human waste deep in snow away from travel routes and at least 70 meters (70 adult steps) from water sources.
- Use toilet paper or wipes sparingly. Pack them out.
- If necessary, use small

- amounts of biodegradable soaps for dishes. Strain dishwater into a sump hole.
- Inspect your campsite for trash and evidence of your stay. Dismantle all snow shelters, igloos or wind breaks. Naturalize the area before you leave.



Mountain Equipment Co-op Supports Leave No Trace Launches Across Canada



Mountain Equipment Co-op has continued to support and be strong partner of Leave No Trace Canada. In early spring MEC hosted launches at several of their stores. Calgary was the site of the official launch event and included a group of students from a local area high school who partook in a workshop.



Display at the Toronto Launch

MULTISPORT **breathe** MAGAZINE

Breathe ASC Magazine is a quarterly publication designed for individuals actively engaged in the outdoor adventure and endurance sport life. It provides intriguing, informative, and entertaining material regarding the diverse culture of those that live for adventure and healthy competition. In addition to contributions from various elite athletes across Canada, Breathe also features regular gear reviews, as well as articles on global issues concerning health, science and technology, the environment and of course, something we all enjoy, food and drink. Breathe Magazine is a voice for the outdoor adventure and endurance sport enthusiast and a leader in fostering a global community, starting with our home and land familiar to the adventure sports - Canada

In addition to publishing captivating articles from Canadian athletes Breathe ASC Magazine is also com-

mitted to giving back to the environment. We have also made a commitment to phase out the use of paper products with endangered or ancient forest fibre and will be phasing in the use of paper which has been designated 100% endangered or ancient forest fibre free for the production of Breathe Magazine.

Breathe's new partnership with Leave No Trace Canada will begin with a fundraiser in which Breathe subscribers are being asked to show their support and sell subscriptions to Breathe for LNT. \$5 from each subscription sold will be redirected back to LNT to support various research and educational projects.

For more information visit Breathe Magazine at www.breathemag.ca

**LEAVE NO TRACE
OUTDOOR ETHICS**

**THE SEVEN PRINCIPLES OF
LEAVE NO TRACE**

- Plan and prepare ahead
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

*Leave No Trace Canada Pioneer Partners
(Partners who joined during the first year of operations)*

Osprey Packs

www.ospreypacks.com

River Valley Programs

www.rivervalleyprograms.ecsd.net
mtroyal.ca/healthcomm/physed/ecotour.shtml

Physical Education and Recreation Studies, Mount Royal College

Yamnuska Mountain Adventures

www.yamnuska.com

Wanderlust Outfitters

www.wanderlust.ca

Undercurrents Sports Ltd.

www.undercurrents.ca

Haliburton Highlands Water Trails

www.algonquinhighlands.ca/water

Friends of Ontario RailTrails/Haliburton

AVENTURAIID

www.adventureaid.qc.ca

Scouts Canada

www.scouts.ca

Hostelling International - Northern Alberta

www.hihostels.ca/nab

Saskatchewan Environment

www.saskparks.net

MODEXP Inc

www.modexp.ca

Saskatchewan Outdoor & Environmental Education Association

www.soeea.sk.ca

Medicine Hat College, Ecotourism and Outdoor Leadership Program

www.mhc.ab.ca/etol

Alberta Recreational Canoe Association

www.abcanoekayak.org

Backcountry Horsemen Society of BC

www.bchorsemen.com

Paragon Eco-Adventures

www.paragonecoadventures.com

NOLS Canada

www.nols.edu

Breathe Magazine (Angry Whale Media)

www.breathemag.ca



“When you help nature you are helping yourself.”

Leave No Trace/Sans trace Canada

Leave No Trace Canada
c/o Calgary Area Outdoor Council
1111 Memorial Drive NW
Calgary, AB
T2N 3E4

Toll Free: 1-877-238-9343

E-mail: info@leavenotrace.ca

We're on the web!

www.leavenotrace.ca

Teaching Outdoor Ethics and Skills.

Courses in 2007

Ontario Master Educator Course

May 23-27

Canoe based course on the Six Mile Lake Canoe Loop north of Toronto Course host: 6-Rivers Wilderness Adventures - Craigwood Youth Services, London Ontario www.6rivers.on.ca

Alberta Trainer Course

June 15 (evening)-17

Canoe based course on the North Saskatchewan River near Rocky Mountain House Course Host: Mike Horembala

To find out more email paddling@telus.net or 403-887-1979



Welcome to Leave No Trace/Sans trace Canada

On behalf of the Board of Directors, I would like to welcome you to Leave No Trace Canada. It has been a long but worthwhile endeavor to bring the program to Canada. We started as a steering committee back in 2003, and started to put all the pieces together, which eventually led to our organization being formed and recognized as a national non-profit in March of 2006.

We had our official launch in Calgary which was received with great reviews. During the same time frame we held our first board meeting and established our board of directors. Several working committees were also established including: Education Review, Operations, Governance, Membership/Partnership, Strategic Planning, Resource Development and Communications.

In the fall of 2006, we held a strategic planning session in Calgary and have set the direction and objectives for our organization for the next three years. Once we have the plan formatted, we will ensure that every one of our members and partners receive it.

As a group of volunteers, we have spent many hours in laying the ground work for Leave No Trace Canada, and we appreciate your patience as we continue to grow. We would like to thank our founding members and partners for their dedication and support, and to the entire Pioneer group for recognizing the important role that each one of us can play in the organization.

We have a number of director positions open, and we welcome any nominations from our members. We have not established the exact dates of our Annual General Meeting, and once we have confirmed the dates and location we will advise the membership.

If you, as an individual, or your organization, would like to be further involved with Leave No Trace Canada, please let us know through the website or toll free number.

A special thanks goes out to Master Educator, and long time ambassador, Debbie van Berkel for establishing the steering committee and getting the ball rolling.

Dean Cattell
Board of Directors, Chair