



Leave No Trace Canada-Newsletter

AUGUST 2010



TAKE ONLY PHOTOS, LEAVE ONLY FOOTPRINTS ...AND PADDLE STROKES!

By Tina Barzo

Inside this issue :

<i>Take only photos, leave only footprints</i>	1
<i>Hiring of the Leave No Trace Coordinator</i>	2
<i>News from the BOD</i>	2
<i>Leave No Trace Canada AGM</i>	3
<i>Call for Board membership</i>	3
<i>Master Educator Profile- Dean Cattell</i>	4
<i>Master Educator Course held in Ontario</i>	5
<i>Instructors, Educators and volunteers: working closer together</i>	5
<i>Leave No Trace Canada /Paddle Canada Partnership</i>	6
<i>Manaslu Challenge 2010</i>	6
<i>Design wanted</i>	7
<i>Often the little things really do count: Human food and wild animals</i>	7

This year I am stepping down from the Board of Leave No Trace Canada, of which I have been a founding member, and active since the board was a steering committee back in 2003, when we were searching for the path to bring Leave No Trace to Canada. The path was found, and I am happy to say that Leave No Trace Canada has a strong board and staff, a solid base of members and partners, is gaining some powerful allies and profile, and is still a young organization with so much interesting work still to be done! Indeed, it is a terrific time to be a part of this organization and a large part of me is sad to go. It has been hugely rewarding, and a great learning experience to see this organization evolve from the beginning to where it is now. Being on this board is not just about growing a movement and an organization, it is just as much about growing friendships, and my own personal and professional development and leadership skills. I have had the humbling honour of working with amazing fellow Leave-No-Tracers across this awesome country on a very important educational campaign, as we see outdoor recreation increase in various ways.

As the Leader of Volunteer Engagement for Banff National Park, I plan to integrate the Leave No Trace ethics and practices even more into my work, through the 300-500 new people I meet annually who volunteer and spread the message to thousands on the trails and at events; and through my fellow Parks Canada staff and related networks. I will also remain involved as a volunteer on specific projects.

On July 16th, 2010 all board and staff met in person in Calgary (quite a feat for a board that is spread across Canada!) and we planned the rest of the year. It was such a wonderful opportunity for me to say good bye in person and “pass the paddle” to our Acting Chair, Laurie Edward, who has also been such a trooper from the very beginning of this ‘epic hike’ and who will do a spectacular job carrying the organization through to the fall Annual General Meeting. I highly recommend this board and encourage those interested to apply. That is, if you want to make an exponential difference in wilderness conservation in Canada and you wish to get to know a stimulating and simply awesome group of folks, then this board is for you!

I wish to deeply and sincerely thank all past, present, and future ☺ board members, staff, and volunteers, for all you contribute to Leave No Trace, and to express my excitement to see where it is going. It has been a most beautiful hike, with some scenic detours and scrambles, all the more worth it, now that I see the view from the top! I am taking with me a few fun photos, many super memories, and I am leaving a few footprints, soft and light – just enough to get my canoe in the water, and push off!

See you on the river or trail.

Tina Barzo lives in Banff Alberta, and paddles when she is not working or volunteering!



HIRING OF THE LEAVE NO TRACE COORDINATOR

by Élyse Lauzon



It is with great pleasure that the Board of Directors announces the hiring of Catherine Pinard as the new Leave No Trace Canada Coordinator. Her responsibilities include the coordination of training activities, membership and partnership, as well as communications.

Catherine completed a Bachelor's degree in Biology and a Master's in Wildlife and Habitat Management. She worked for ten years as a biologist mainly for the Yukon Government, was the owner of a sled dog racing kennel for seven years and worked as a coordinator for different committees. She is also an outdoors guide and teaches wilderness first aid.

Catherine feels happy and ready to tackle the many challenges that a young organization faces and is well aware of the efforts that will be required to allow Leave No Trace to become a leader in the promotion of responsible use of natural areas.

The Board members feel that "her educational background, her experience as a coordinator and her commitment towards conservation are all key elements that will benefit Leave No Trace in the pursuing of its mission and will allow it to grow. We are very proud to welcome Catherine as part of our organization."

NEWS FROM THE BOARD OF DIRECTORS

The Leave No Trace Canada Board of Directors met recently in Calgary. Everybody was present and it was a great opportunity to review our objectives and priorities and discuss ways to achieve our goals.

Our 3 strategic objectives are:

- Develop existing and new partnerships to achieve our mission and secure stable funding;
- Facilitate and support training activities;
- Increase organization effectiveness through leadership development of Board members and staff.

We have many great partners working with us, and we want to develop a stronger relationship with different organizations such as Parks Canada, Provincial and Regional Parks, Scouts Canada, Educational Institutions, Outfitters, etc. MEC has been giving us a lot of support since we started, we will keep working with them as well. We will also continue to work closely with Leave No Trace Centre for Outdoors Ethics. They are well established in the United States and their experience and support is of great value to our young organization.

It was agreed that we need to coordinate and offer more courses in order to answer the demand and increase public awareness. As a pilot project, we will be offering courses this fall by hiring educators on a contractual basis. Our hope is to be able to offer many more courses this spring, throughout the country. We will also work on developing a closer relationship with our existing Instructors and Master Educators.

We also discussed the need to find dedicated volunteers to work with us as Board members, and we clarified the roles and responsibilities of our coordinator and the Board.

Other topics that were discussed include the need to translate and 'Canadianize' our documents, developing a regional ambassador program, membership, budget, and planning our AGM.



LEAVE NO TRACE CANADA AGM

The Leave No Trace Board of Directors wishes to cordially invite all members and partners of Leave No Trace Canada to our Annual General Meeting that will be held on Saturday, November 27, 2010.

We have vacancies for voting and non-voting members on our Board and we are looking for people to work with us in developing our program. See message from our Vice-Chair below. The AGM is a great opportunity to find out more about the projects we are working on and your chance to network with other responsible outdoor enthusiasts.

The meeting will be held using Webinar technology in different locations across Canada. The exact time and locations will be announced shortly. If you are interested in participating, please contact our office!

CALL FOR BOARD MEMBERSHIP

By John Nisbet, Leave No Trace Canada Vice-President

Leave No Trace Canada, a non-profit Canadian National Organization is governed by a twelve member Board with room for four more members in a non-voting advisory capacity.

We need new board Members.

Currently we have a part time employee located in Montreal, and annual budget less than \$100, 000.

We want to grow.



PRINCIPLES OF LEAVE NO TRACE

- **Plan Ahead and Prepare**
- **Travel and Camp on Durable Surfaces**
- **Dispose of Waste Properly**
- **Leave What You Find**
- **Minimize Campfire Impacts**
- **Respect Wildlife**
- **Be Considerate of Other Visitors**

To better introduce and support the Leave No Trace Program in Canada we need active and hardworking Board members. People who will be able to help: secure stable funding, promote Leave No Trace ideals across the country, and develop the Leave No Trace Program in Canada are most welcome.

We are not just an "advisory" board, dispensing sage advice to others. We are working Board facing the challenges of growing a program that although excellent and well established elsewhere in the world, is still fairly new in Canada.

If you have an interest in, and the time, willingness and skills to help take Leave No Trace Canada through it's next developmental stages, we would love to hear from you.

Please visit our website for copies of application forms for Board membership. If you would like to speak to a Current Board Member about Board membership, please do so through the Leave No Trace Canada office at 1-877-238-9343.

MASTER EDUCATOR PROFILE-DEAN CATTELL

By Dean Cattell



My first involvement with Leave No Trace was via the web. I was challenged by my Park Manager to find a program that would address any impacts that we would see in the future by expanding our back country program. I work in Meadow Lake Provincial Park in Saskatchewan, and our primary focus had been on front country usage. However, due to the large size of our park, the potential existed to develop a back country program that would offer those unique experiences that are typically not available in a front country campground.

I enrolled in a Master Educator course in Yellowstone National Park in 2003 that was offered through the National Outdoor Leadership School. Upon my return from the course, I sent regular correspondence to the Leave No Trace Centre for Outdoor Ethics in Boulder, Colorado. There had other people asking the same questions, and subsequently we were able to touch base with each other, with the end result being the Leave No Trace Canada Steering Committee. Through countless hours of conference calls and a few face to face meetings, we were able to take everything to the next step and Leave No Trace Canada was registered as a national non-profit charitable organization, with a branch agreement in place with the Leave No Trace Centre for Outdoor Ethics.

I was fortunate enough to participate in a Master Educator Instructor course in 2005. This course was put together to address the anticipated need for Master Educator and Trainer courses, as there was no accredited provider in Canada, other than NOLS in the Yukon. This course was facilitated by Ben Lawhon from the Centre and Willy Warner from NOLS.

Both of these courses, and my involvement with Leave No Trace Canada, have provided me with the opportunities to meet some great people from across Canada and abroad. I am very proud of the accomplishments of Leave No Trace Canada and look forward to future progress.

I have been directly involved with two Master Educator courses, one in Ontario and one here in Saskatchewan, along with several Trainer courses and awareness workshops. The one thing that has proven to be a good ice breaker, as well as a good tool for disposing of waste, is a poop tube. The poop tube was built by fellow Master Educator and good friend, Todd Ward. We used the tube on our Master course in Ontario and I built one when I returned to Saskatchewan. People stare at the poop tube, when it is first introduced, and if you let their imagination work a little, before explaining how to properly use it, you will be faced with several interesting comments and questions.

I see Leave No Trace going forward as a global movement. With several branches in place, and no doubt more on the horizon, people will be exposed to the same consistent messaging and branding.

My work with Leave No Trace Canada has also expanded my skill set on a professional level. We have developed a 120 km hiking trail system in Meadow Lake Provincial Park with the Leave No Trace principles in mind. Only 12 km of new trail had to be developed, we utilize existing structures to cross streams and creeks and the back country camp sites were all designed to fall within the seven principles. We are also developing a panel display for our Visitor Centre that will be totally focused on Leave No Trace. We also utilize a Leave No Trace pre-trip activity guide for school groups that visit the park.

Leave No Trace Canada's potential for growth within Canada is unlimited, in my opinion. When funding is in place, programs such as the Traveling Trainers, provincial advocates, and accredited providers could be implemented and would have great success. As individual advocates, we can continue to discuss with various levels of government of adopting Leave No Trace as the guiding principles for recreation on public land.

Dean Cattell is married to Trisha and has 3 children: daughters Macy and Chloe, son Cooper.

MASTER EDUCATOR COURSE HELD IN ONTARIO



At the beginning of May 2010, eight people from Ontario and Quebec braved the black flies, snow and rain at Bark Lake Leadership Centre in Irondale, Ontario to become official Master Educators of the Leave No Trace Program. The course was taught by Renée-Claude Bastien, former Coordinator of Leave No Trace Canada and experienced outdoor leader.

Participants had a chance to visit impacted campsites, established trails, and pristine wilderness areas and discuss ways to travel, cook and camp following the seven Leave No Trace principles.

Each participant led creative activities and discussions, and took home many great ideas and techniques to promote ethical outdoor practices.

People interested in becoming Instructors can contact our office or visit the events calendar on our website to find out our course schedule.



INSTRUCTORS, EDUCATORS AND VOLUNTEERS: WORKING CLOSER TOGETHER

The facilitation of training activities is a key component of the LNTC strategic plan and therefore, this initiative is a very high priority for the organization. As a step towards achieving this goal, we are currently improving and updating our instructor database to find out who is interested in teaching courses. We will also start issuing ID cards for Master Educators (ME) and Master Educator Instructor Trainers (MEIT). These cards will attest that you are a ME or MEIT in good standing with LNTC and will allow you to deliver certificates to your participants after completion of their courses.

We would also like to create a list of Instructors and Master Educators interested in volunteering their time to promote the LNT program at different events or festivals, or to teach awareness workshops to organizations such as Scouts Canada, summer camps, schools, outdoors clubs, etc. A similar program contributes immensely to the success of LNT USA and we are hoping to replicate this achievement in our own country.

All Instructors and Master Educators will be contacted shortly by the office and will be updated on the guidelines and procedures to give courses and workshops. It is our goal to make the process as simple as possible so that more people will become active promoters of our program. If you haven't been contacted shortly, and you are interested in teaching or volunteering, do not hesitate to call or e-mail the office.

We are hoping to create a stronger and more dynamic relationship with our instructors and we encourage you to communicate with us if you have any comments, concerns, ideas or if you wish to advertise a course that you will be teaching.

LEAVE NO TRACE CANADA /PADDLE CANADA PARTNERSHIP

By Mike Allen



Leave No Trace Canada is pleased to announce a partnership with Paddle Canada. Paddle Canada oversees (in conjunction with various provincial organizations) safe sea kayaking, canoeing, and whitewater paddling instruction across the country. With over 800 instructors, Paddle Canada interacts with thousands of individuals annually. Although already a strong proponent of minimal impact principles, Paddle Canada sought to solidify this position through the Leave No Trace Canada partnership program. Paddle Canada will benefit from the resources and international recognition of Leave No Trace Canada, while Leave No Trace Canada will see a great deal of exposure to new individuals and potential members through Paddle Canada. This mutually beneficial arrangement will hopefully facilitate the long term sustainability of outdoor adventures in Canada.

To reach Paddle Canada: info@paddlingcanada.com.

To become a Leave No Trace partner, contact our office (info@leavenotrace.ca) or visit our website (<http://www.leavenotrace.ca/partnership>)!

MANASLU CHALLENGE 2010

By Frédéric Bleau

Considering the numerous unsuccessful attempts, this mountain still represents a huge challenge for the seasoned mountaineer. Until now, no Quebecer successfully climbed to the top of this 8163 m peak. Manaslu is the 8th highest mountain in the world. It is situated in Nepal, in the Himalayas, more precisely in the Gurkha Range. More than just a mountain, it is also a symbol for the local cultures. The name "Manaslu" comes from the Sanskrit word "Manasa" which means "Mountain of the Spirit". And as the Sherpas say: "The will to summit is not enough, it is up to the mountain to decide".



In fall 2010, we will climb the Northeast Route. Our expedition will follow a strict Leave No Trace approach so that the only lasting proof of our passage will be in our memories. Leaving only ephemeral footprints in the snow, we commit to bringing back everything else with us. In addition, we plan not to use any supplemental oxygen on our way to the summit.

High mountain commercial expeditions typically give access to hundreds of climbers who do not have the option or the will to "leave no trace". Manaslu Challenge 2010's goal is the surpassing of ourselves to increase public awareness to take concrete steps for the preservation of clean and healthy natural areas for future generations.

The team is made of 4 climbers from Québec: Frédéric Bleau, François-Xavier Bleau, Pierre Boutin and Mathieu Morin. You can follow our preparation and progress on our website: <http://www.hautdefi.ca/defimanaslu2010.html>

DESIGN WANTED

Leave No Trace Canada needs an innovative and beautiful design (not a logo!) for the organization. We require a promotional item (T-shirt, bag, scarf or other...) for our members and partners that reflects Leave No Trace's commitment to responsible outdoor recreation.

The winning design, along with a short paragraph about the artist, will be published in our next newsletter and website. The designer will receive a honorarium of 100\$, a one-year membership and a promotional item. The top three runners-up will receive a LNT Skills & Ethics booklet of their choice.

- Deadline for submissions is **September 3, 2010**;
- Please keep your design to 3 colours or less;
- The design has to be adapted to different supports (textile, website, e-mails, etc);
- The design must be your own and you must have exclusive right of use. LNTC will get exclusive rights to the chosen design;
- Send your design as a jpeg file, with a minimum resolution of 300 dpi to info@leavenotrace.ca;
- Each person may submit a maximum of 2 designs.

For more information about our organization or about the contest, visit our website (www.leavenotrace.ca) or call us toll free: 1-877-238-9343.

OFTEN THE LITTLE THINGS REALLY DO COUNT: HUMAN FOOD AND WILD ANIMALS

LEAVE No TRACE PRINCIPLE: RESPECT WILDLIFE

by Lyse Boyce

Apple cores, nut shells, banana peels, bread crusts, granola bar crumbs, carrot peelings, egg shells, dishwashing debris... These little things can have a big impact.

A person who wouldn't dream of dumping half a pot of macaroni and cheese into the woods, or of feeding hotdogs to raccoons in order to get cute photos might not think twice about throwing an apple core into the trees. I've watched many outdoors people throw things like apple cores and plum pits into the woods or leave eggshells behind at campfire sites. Sometimes I've talked with them about the problems with leaving things like this behind, other times I've quietly added their stuff to the compost I'm carrying out.

In some of the conversations I've had with people they have said things like "So what's the big deal about throwing your apple core into the woods anyway? It's natural, it's compost. I have a compost pile at home for my vegetable garden. If a wild animal doesn't enjoy eating it then the fruit is biodegradable and will eventually become part of the natural ecosystem."



If you're walking in a rural area where there are wild apple trees then there is no problem to leave your apple cores at these sites. However, lots of us are enjoying trips in wilderness areas that are far away from apple trees. There are quite a few problems associated with apple cores, bread crusts, egg shells, and other human-food fragments left behind in wild areas:

Food attracts animals to trails and campsites: Tiny animals like shrews, medium-sized ones like raccoons who can open up containers, and a big animals pretty much everyone is afraid of; bears. Even small amounts of food like crumbs can change the behavior of animals. Human food is often unhealthy for animals (and some of it is pretty unhealthy for humans too!).

The cumulative impact of people in popular outdoor areas can be quite significant. Consider thousands of visitors hiking in Cape Breton Highlands National Park this summer and every one of them leaving just one bread crust or half eaten apple along the trail. How about in Banff National Park where they have over 3,000,000 visitors every year?

Food thrown to the sides of trails or at the edges of campsites causes animals to associate humans with handouts: Then when the animals notice a hiker approaching they might think about possible snacks rather than following their natural instincts to avoid the strange biped. Animals that get used to people may become aggressive: This is annoying when it is a squirrel chewing through the knapsack you left on the trail when detouring to a scenic look-off, but potentially lethal when it is a bear that has learned to associate campers with food. (Rarely lethal for campers, but frequently lethal for the bears or coyotes who will be killed when their behaviour is considered to have become dangerous.)

In Nova Scotia there has been a lot of discussion recently about the changing behaviour of coyotes. There have been several reports of coyotes being aggressive towards people, and in October 2009 a solo hiker, Taylor Mitchell, was fatally attacked by two coyotes on the Skyline trail. This is a very popular scenic 9 km hike in Cape Breton Highlands National Park. We can only speculate about what happened and why the coyotes decided to attack her.

The Skyline trail is an easy trail and over 25,000 walk it every year to enjoy the woods and the beautiful views of the ocean and hills at the end. (According to the Cape Breton Highlands National Park 2006 digital monitoring study 26,290 people hiked the trail between June and October of that year.)



Not all of those visitors have been responsible: A friend of mine was hiking the Skyline trail a couple of years ago behind a group who wanted to get close-up photos of a moose that was grazing near the trail. A man wanted to give the moose a sandwich, and asked his friend to run up and slap the moose on the butt so it would turn around and face the camera. My friend explained the dangers of these ideas, and told the group that he didn't want to hike anywhere near them. Maybe hikers have also been giving food to coyotes in attempts to get photos of them, or perhaps the coyotes were attracted by the food garbage that people left along the trail.

Parks Canada employees and wildlife biologists say that national parks can be problematic places for interactions between humans and wildlife, especially in parks that have a lot of visitors. The animals in parks can learn that humans are no threat and are a source of food when visitors give out food or leave it behind.

There are many complex things going on with coyote behavior and ways other wild animals interact with humans. Food and garbage are not the only factors, but they are ones that you can do something about. Wild animals become attracted to human food sources outside of national parks of course, so it is important to consider the best ways of minimizing your impact on wildlife populations everywhere.

There are some easy things you can do to lessen the impact of food leftovers on animals, and therefore to support the health of wild animals, the safety of people in the outdoors, and the integrity of ecosystems.

Pack out those little pieces of food. You can use a plastic jar with a lid that seals well. This jar could initially be used to store the first dinner on your canoe trip or backpacking trip. On a day trip all you need is a zip lock bag.

Plan your meal and snack menu well so that it doesn't involve a lot of unpleasant smelly garbage to carry out. Have just enough food for meals so that you don't have leftovers to deal with. Bring extra snacks in case people are still hungry after the meals.

Use creative and thorough dishwashing techniques: Carry a small spatula so that cooking pots can be scraped almost clean when you're serving the meal. (Planning one pot meals means fewer dishes to deal with.) Clean your bowl really well with your spoon, then have some tea and use the bowl to drink from so that it gets a good pre-rinse with the hot tea. These methods mean that when you actually wash the dishes there are much fewer bits of food floating around in the dishwater – so when you strain it through your sieve there isn't much to add to the compost jar.

Use a lightweight ground tarp to catch the crumbs created during meal preparation and eating. This is especially useful on group trips. At the end of the meal collect all of the crumbs in the compost jar.

Bring an extra garbage bag to carry out the garbage that less considerate travelers leave behind. Hang your food and scented products out of reach or use a bear canister when you're out camping. Use the storage method that is considered best for the area you are in.

There are many other ways to minimize your impact while enjoying the outdoors. Hopefully you'll consider some of the "little things" on your next outdoor adventure, or the next time you teach a Leave No Trace workshop. When these things get left behind they can take the wild qualities away from wild animals and their environments.

For more information:

- Parks Canada: Keep the wild in wildlife. www.pc.gc.ca/eng/docs/pc/guide/nature/nature01.aspx
- Hampton, Bruce and David Cole. Soft Paths. National Outdoor Leadership School, 2003.
- Merringer, Ian. "Who's afraid of the big bad coyote." Explore magazine, March / April 2010 <http://explore-mag.com/article/tips/when-coyotes-attack/>
- Saunders, Gary L., "Coyote concerns." Rural Delivery, July / August 2010. <http://www.atlanticfarmer.com/>
- Leave No Trace: Outdoor skills & ethics booklets.
- Victoria County (Tourism VC) Research & Statistics: <http://www.tourismvc.com/research/vcstat.html>

MANY THANKS TO OUR PARTNERS FOR THEIR SUPPORT

Algonquin Backcountry Recreationists
Algonquin College Outdoor Adventure Training Programs
Algonquin Provincial Park
Alpine Club of Canada
Backcountry Horsemen Society of B.C.
Bark Lake Leadership Centre
Camp 4 saisons
Camp Village des Jeunes
Centre de vacances Ferme 5 étoiles
Comité ZIP de la rivière Nord de l'estuaire
Commission de la capitale nationale
Confederation College
Corridor Appalachen
CPA le Saisonnier et Notre-Dame-des-Bois
Easter Seals Camp Horizon
Friends of Algonquin Park
Friends of Gatineau Park
Georgian Bay Land Trust
Haliburton Highlands Water Trails
Health Promoting Schools-Strait Regional School Board
Hike Nova Scotia
Horse Council of British Columbia
Karavaniers
La Rocca X-C

Medicine Hat College
Ministry of Tourism Parks Culture and Sports
N.S. Health Promotion & Protection
Niagara Parks Commission
NOLS Canada
Nova Scotia Nature Trust
NS Dept of Natural Resources-Parks Recreation
Ontario Access Coalition
Paddle Alberta
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