

### Winter Adventures in Mississauga!



Don't let the winter blahs set in! There is plenty to do and see in your parks and open spaces. Whether you are cross country skiing, snow shoeing, tobogganing, skating, walking, hiking or taking in some wildlife sightings, its FREE!

Did you know that exposure to nature, nature appreciation and outdoor recreation are known to have a strong link to reduction in negative stress, enhancing psychological and spiritual well being and can help reduce obesity and chronic diseases. What are you waiting for?

Dress for the weather by adding layers when the mercury dips into frosty territory and get out there and enjoy!

### Cross Country Skiing/Snowshoeing



There are many unplowed park trails that are ideal for cross country skiing or snowshoeing. Both cross country skiing and snowshoeing are great ways to get into shape, they are low impact and allow you to access areas where the snow is deep. Enjoy nature at its best in wintertime.



Snowshoe Club – River Grove Community Centre will be home base for our new snowshoe club. Bring you own or rent snow shoes from River Grove. For more information please call River Grove Community Centre at 905-615-4780, ext. 2300.

### Top ten recommended trails for cross country or snowshoeing!

Note: These are shared multi use trails therefore tracks are not specifically set for skiing.

1. **Culham Trail** (Erindale Park, Riverwood, Streetsville Memorial Park, River Grove)
2. **Levi Creek Trail** (Old Creditview Rd. to Financial Dr.)
3. **Glassford Trail** ( Old Creditview Rd. along old Derry Rd. through Meadowvale Conservation Park)
4. **Fletcher's Creek Trail** (between Second Line and Courtney Park Dr.)
5. **Etobicoke Creek Trail** (between Burnhamthorpe Rd. and Hwy. 401)
6. **Waterfront Trail** (Jack Darling Park, Rattray Marsh, Lakefront Promenade Park)
7. **Derry Greenway** (between Goreway Dr. and Airport Rd.)
8. **Wildwood Park** (at Goreway Dr. and Derry Rd.)
9. **Credit Meadows** (east side of Creditview Rd. at Kenninghall Cres.)
10. **Sawmill Valley Trail** (between Mississauga Rd. and Erin Mills Pkwy.)

For a complete listing of trails in Mississauga, refer to the Mississauga Trails and Bikeways map.

For your free copy email: [trails@mississauga.ca](mailto:trails@mississauga.ca)

## Fishing



The Credit River has a trout fishery at the headwaters just south of Orangeville in Inglewood. Trout enjoy the colder temperatures in winter. For more information on fishing in the Credit River, call the Credit River Anglers Association Hotline at 905-814-5794 or e-mail [craa97@hotmail.com](mailto:craa97@hotmail.com)

## Outdoor Skating Rinks

### Outdoor Natural Skating Rinks

There is nothing like skating on a rink that you and your friends built right in your own neighbourhood park. If you would like to organize a rink in your community call Customer Service at 905-615-4100 before October and ask for a Natural Ice Rink Program application.

Parks will provide the boards, a rink hut and shovels. You organize the peoplepower and the fun for the whole neighbourhood.

Note: Parks will clear rink after a 3" snow fall if other priorities allow it.

### Outdoor Natural Skating Rinks

Lace up and go for a pleasure skate at one of the artificial outdoor rinks. Skating is a great way to get some fresh air, relieve stress or spend quality time with family and friends.

Best of all its FREE!

Rinks are open daily from 10:00 am–9:00 pm (weather permitting)

Amenities include:

- Heated change rooms
- Washrooms
- Lights
- Music

### Burnhamthorpe Community Centre 1500 Gulleden Dr.



Burnhamthorpe skating rink is 100 ft x 100 ft with an overhead roof that ensures good quality ice conditions when temperatures fluctuate. Located within steps of the Chic Murray indoor arena and community centre with gymnasium and multi use rooms.

### Civic Centre 300 City Centre Dr.



Civic skating rink is surrounded by decorative trees and lights and plays top 40's music hits to get you in the winter spirit. For events visit, [www.mississauga.ca/portal/residents/eventscalendar](http://www.mississauga.ca/portal/residents/eventscalendar)

Located within a few steps of the Central Library, Living Arts Centre, YMCA, shopping, restaurants, movie theatres and coffee shops.

### Woodhurst Heights Park 3475 Ash Row Cres.



Woodhurst Heights is a great neighbourhood rink where you can leave the car at home. Located behind the Glen Commons plaza at Glen Erin Dr. and The Collegeway. You can walk to the rink using the Glen Erin Trail or from Woodhurst Cres. or Ash Row Cres.



### Tobogganing

Going outside to play in the winter can be lots of fun and is a good form of exercise. Injuries do occur and can be prevented with the right equipment, proper supervision, and some preparation. To make sure children play safely this winter season, Sick Children's Hospital injury prevention colleagues at Safe Kids Canada offer the following advice.

Tobogganing and sledding can result in major head, and spinal injuries, and broken bones.

#### Top 10 safety list:

10. Don't be a loner. Never toboggan alone. Younger children (under the age of five years) should always be accompanied by an adult.
9. Daytime only. Do not toboggan at night.
8. Dress for the occasion. Dress warmly (scarves should be tucked in so that they don't become tangled on trees or in the sled). Wear warm hats, mittens, socks and a few layers of clothing. Don't overdress as you need to be able to move comfortably. Wet clothes and footwear should be removed quickly once inside.
7. Protect your head. Wear a CSA approved helmet (eg. bike helmet).
6. Use the proper equipment. Use toboggans and sleds that are in good condition. Do not use inner tubes, cardboard, pieces of plastic, and plastic discs as they are difficult to control and steer.
5. Choose the right hill. Choose slopes that do not have trees, tree stumps, bumps, rocks, or fences. The slope should be smooth and no more than 30 degrees. Parks are usually a safe place. Icy conditions will increase the speed of the sled or toboggan and will therefore be more dangerous.
4. Watch out for the bottom. Make sure there is plenty of room to stop and that the bottom of the hill is not near roads, rivers, or railroad tracks.
3. Kneel Kneel on the sled or toboggan. It is a safer position than sitting. Do not lay on your back or on your stomach as head and spinal injuries are more likely to occur.
2. Look out for the other guy. If you fall off the toboggan part of the way down, get out of the way as quickly as you can to avoid other tobogganers running into you. Walk back up the side of the hill – not straight up the middle.
1. Have fun! For more safety tips on winter activities such as skiing, snowboarding, ice hockey, and skating check out [www.safekidscanada.ca](http://www.safekidscanada.ca)

[www.sickkids.ca/kidshhealth/winter00issue2/wintersafe.asp](http://www.sickkids.ca/kidshhealth/winter00issue2/wintersafe.asp)

### Top 3 toboggan destinations in Mississauga



#### 1. Brookmeade Park

2254 Council Ring Rd.  
North facing hill, short and steep  
Parking available at Brookmeade Public School  
Walk to the hill using Glen Erin Trail  
Close to shopping plaza on South Millway



#### 2. Birchwood Park

1547 Lakeshore Rd. W.  
South facing hill, long and gently sloping  
Parking available on site  
Close to restaurants and coffee shops in Clarkson Village



#### 3. Erindale Park

1695 Dundas St. W.  
North facing hill, long and gently sloping  
Parking available on site  
Walk to the hill using Culham Trail  
Close to restaurants and coffee shops in  
Sherwood Forest Village

Note: Jack Darling Park toboggan hill will be closed by the Region of Peel—Lorne Park water treatment plant multi-year reconstruction project starting Fall 2008.

## Winter Hiking and Walking through Parks and Trails



When the winter air is crisp and the ground is covered with snow, there's nothing like taking a walk to enjoy the beauty of the season—walking is one of the best ways to keep fit.

On the other hand, winter can be a challenging time of year to get out and about. Freezing rain, icy surfaces and piles of hard-packed snow pose a hazard for the innocent pedestrian.

According to the Canadian Institute for Health Information, almost 12,000 Ontarians visited an emergency room in 2002-2003 after falling on ice. Over half of the incidents took place in January and February.

Baby boomers are the most prone to falling on ice. The 40 to 59 yr. demographic accounted for 30 percent of the ER visits.

Here are few simple measures you can take for your walking pleasure outdoors in the winter.

Choose a good pair of winter boots for warmth and stability:

- well insulated and waterproof
- thick, non-slip tread sole
- wide, low heels; and
- light in weight



Wear ice grippers or cleats that stretch on the under shoe or boot to improve traction and safety on ice or snow packed surface. Remember grippers or cleats become slippery on smooth surfaces such as smooth stone, tile or ceramic, therefore ensure that you are able to easily remove them from your shoe or boot.

### Use a walking stick fitted with an ice pick on the end

For more safety tips on winter walking, visit [www.safety-council.org/info/seniors/winter.html](http://www.safety-council.org/info/seniors/winter.html)

## Camping

Snow quinzy hut



Winter Urban Camping Adventure—learn how to camp overnight in wintertime without a tent.

For more information please call River Grove Community Centre at 905-615-4780, ext. 2300.

## Leash Free Zones and Winter dog walking

Remember when the snow falls you still need to Stoop and Scoop. By Law 512-83 is effective year round with and without snow. All offenders are subject to a minimum \$90 fine up to a maximum of \$5,000 plus \$20 service charge.

Leash Free Mississauga is a non profit organization that represents seven (7) leash free zone locations in Mississauga. These zones provide a safe area where you can allow your dog off the leash legally. Each location has a volunteer group that is responsible for expense maintaining and overseeing the day to day operations of the area.

**mississauga**  
**livinggreen**

The City of Mississauga is committed to environmental protection. Park users can help play a large role in protecting and enhancing the land, air, water and energy resources that we all enjoy in Mississauga.

### Plastic bags

We know that plastic bags are harmful to the environment and that their contents do not breakdown in our landfills. Dog owners are encouraged to use bio degradable bags that will allow pet waste to compost in the landfill. Bio bags are readily available in your local supermarket. It's a small price to pay with big benefits to the "environment"

## Forestry

### Plastic Bottles

Park users are also encouraged to take their recyclable water bottles home to their blue boxes or use reusable containers such as stainless steel for a greener, healthier choice for you and your family.

Support Leash Free Mississauga by purchasing a membership.

Membership is \$10 for one dog and \$15 for 2 or more dogs.

Call the leash free hotline at 416-761 POOP (7667) or visit [www.caninefriends.com](http://www.caninefriends.com)

### Leash Free Zone Locations

#### Garnetwood

1996 Rathburn Rd. E.

#### Etobicoke Valley Park

2950 Southcreek Rd. W. of Hwy 427

#### Jack Darling Park (Relocated)

1180 Lakeshore Rd. W.

Note: Due to Region of Peel–Lorne Park water treatment plant construction the leash free zone will be relocated by the tennis courts behind the existing leash free zone starting Fall 2008. The old location will be re-opened upon completion of the construction and will include a new public washroom facility and a terraced hillside.

#### Lakeside Park (CLOSED)

Note: Due to park re-development the leash free zone will be closed in 2008/2009.

#### Parkway Belt

650 Indian Summer Trail (South of Iceland)

#### Quenippenon Meadows

5210 Erin Mills Pkwy. S. of Thomas St.

#### Totoredaca

2715 Meadowvale Blvd.

### Parks Watch—You Can Help

Don't let litter, graffiti or dog excrement spoil your community! When the snow falls the beauty of winter is often diminished by inconsiderate behaviour in our parks. Help us help you! You can get involved in a variety of volunteer and community-based programs—ranging from clean-up programs in your neighbourhood, reporting irresponsible dog owners, reporting illegal dumping, reporting graffiti or channelling artistic talent in positive ways through our graffiti transformation program.

If you see it, report it!

Graffiti Hot Line . . . . . 905-896-5655  
24 Hour Parks Watch Hot Line . . . . . 905-615-4060  
Litter clean ups . . . . . 905-615-4100



This is a good time of year to think about dedicating a tree or park bench to someone special. It will be installed in spring or summertime on public lands or a park of your choice. Your gift of a tree provides an important natural element to the park and the commemorative benches provide a rest area to enjoy the beauty of the parklands.



### Parks Community Stewardship Program

This program has been established for volunteers and community groups to enhance city parks and open spaces on a volunteer basis. It is a way for environmentally conscious and community-minded citizens to make a personal contribution to their community and quality of life in the City. For information on PCSP, contact 905-615-4100.



#### Community Gardens in the City

The City of Mississauga supports and encourages the development of community gardens on parkland and other public property. Community gardens provide access to lands for people who may not have access to land of their own, to come together to grow vegetables, herbs, fruit and flowers.

For more information on Mississauga's Community Gardens Program, call 905-615-4100.

### Urban Forestry Unit

The Urban Forestry Unit receives on average 1100 storm calls annually, where branches or whole trees have failed due to wind, snow and ice damage. Trained Forestry crews are on standby 24/7, 365 days a year, ready to deal with any emergency situation. Calls are responded to in a priority sequence. Trees blocking main arterial roads or adjacent to hospitals and EMS centers are resolved first, followed by trees on buildings and Utility lines. Trees or branches down on secondary streets or parks are then resolved. Dependant on the volume of calls and site specifics, crews may make a situation safe and return at a later date to clean up all debris.



As the leaves begin to fall, Forestry crews not only respond to storm calls throughout the winter months, but continue to complete scheduled maintenance work orders as per resident generated requests. A team of 18 Arborists is responsible for the maintenance and care of 250,000 street trees and all other trees located on City property, completing on average 4500 work orders.

This is also an opportune time for residents who are thinking about Spring renovations or additions to their home to familiarize themselves with private tree By Law 474-05. You are required to obtain a permit if you are intending to remove more than 4 (four) trees greater than 15cm in diameter from your property in any calendar year. For more information regarding By Law 474-05, please call 905-615-4100 or visit [www.mississauga.ca/forestry](http://www.mississauga.ca/forestry)

**Encroachments are a Problem**

Encroachments are illegal under By-Law 0057-2004  
 Report encroachments in:  
 Woodlands, City Parks or green spaces 905-615-4100  
 Road allowances, creeks, storm water ponds 905-615-3000.  
 For more information on encroachments, visit [www.mississauga.ca](http://www.mississauga.ca)

**Emerald Ash Borer**

Emerald Ash Borer is an invasive insect from Asia that has the potential of killing all Ash trees in Ontario. Millions of trees have already been killed due to the insect in Windsor, sections of South-western Ontario, Michigan and surrounding states. The City of Toronto has recently been placed under a Ministerial order, after an infestation was discovered in the N/E section of the City. The insect spreads to new areas mainly when firewood is moved out of an infested area illegally. You can help us protect our Urban Forest by:

Not moving firewood or any types of Ash wood products from regulated areas, including; trees, nursery stock, pruned branches, logs and forest products with bark attached.

**\*Report any suspected Emerald Ash Borer sightings to the Urban Forestry Unit**

For additional information on the Emerald Ash Borer and other invasive insects and diseases, call 1-866-463-6017 or visit the Canadian Food Inspection Agency website [www.inspection.gc.ca](http://www.inspection.gc.ca)  
 Help Protect Canada's Trees and Forests—Do Not Move Firewood

**Urban Forestry Contact Information:**

- Location—950 Burnhamthorpe Rd. W.
- Hours—Monday to Friday from 8:00 am to 4:30 pm
- E-mail—[urban.forestry@mississauga.ca](mailto:urban.forestry@mississauga.ca)
- Website—[www.mississauga.ca/forestry](http://www.mississauga.ca/forestry)
- Tree maintenance requests ..... 905-615-4100
- After Hours Emergencies ..... 905-615-3000
- Street Tree Planting ..... 905-615-4100
- Private Tree By-Law. .... 905-615-4100
- Report Invasive Pests ..... 905-615-4100
- Enersource Hydro Mississauga ..... 905-273-9050
- Sewers Blocked by Tree Roots  
 (Region of Peel) ..... 905-791-7800, ext. 3101

**Tree Chipping Festival  
 Sunday, January 11, 2009**

Join us for Mississauga's first annual tree chipping festival from Noon to 4:00 pm at Malton Community Centre, Huron Park Recreation Centre and Meadowvale Community Centre. Bring the whole family, get some fresh air, exercise and have fun!

Bring your old Christmas tree and watch it go through the chipper. You can either bring it with you or drop it off at the parks before Sunday. After it has gone through the chipper, wood chips can be taken home and sprinkled in the garden as mulch or mixed in your backyard composter.

The City of Mississauga's Parks and Forestry division and Peel Region's Public Education & Outreach division will be on hand to answer all your questions and provide helpful tips for residents about trees, backyard composting and the green bin program.

If there is snow you can toboggan, snowshoe, cross country ski, skate or build a snowman, then warm up by the bonfire pit with hot chocolate and marshmallows.

**Tree Lighting Ceremony**



Each year the City hosts a Christmas Tree Lighting Ceremony located in the civic centre square at City Hall. Five trees ranging in height from 5-15 meters are erected the last week of November and remain in place until the middle of January. The middle tree is always the tallest and most majestic and is referred to as "The Mayor's" tree. All trees are donated by residents of Mississauga, who would like to see a tree that they had planted or watch grow for many years, be used for the benefit of all residents of Mississauga. The Urban Forestry Unit receives multiple donation requests each year, with staff selecting the best five trees after completing site visits in October. The selection process is determined by: access to allow removal, condition, aesthetics and height.

In November staff remove the trees from their growing locations, transport them to City Hall and erect them. Facilities and Property Maintenance staff decorate the trees. In January the trees are taken down, chipped with all material being used as mulch within our Parks system.

If you would like to donate a tree from your property to be part of the Tree Lighting Ceremony, call the Urban Forestry Unit at 905-615-4100.