

P.O. Box 691
Saint John NB
E2L 4B3
www.sjoe.ca

January, 2015

Newsletter



St. Martins Coastal Trail



Chamkook Mountain, St. Andrews

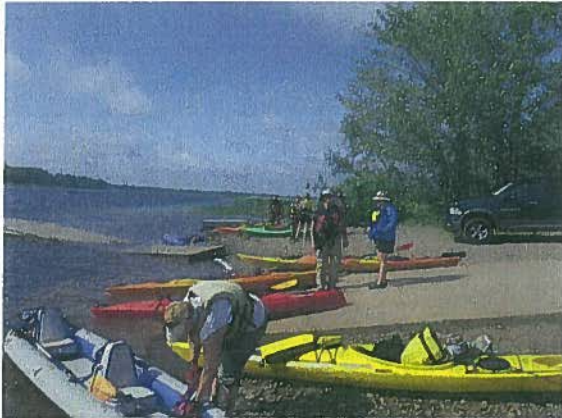
Editorial

Welcome to all new and renewed members to the January 2015 newsletter covering events from July 2014 to December 2014. As the Club wrapped up another great year, we hope you enjoy this issue as we highlight each month and hear the stories of a few members who have travelled abroad.

Highlight of Events:

July – The Great Saint John River Anniversary Paddle

It was a gorgeous, sunny day - after meeting at Evandale we drove up to Gagetown to launch our kayaks with the aim of having supper at the Evandale Inn. After paddling for approximately 5 km three paddlers decided to return to Gagetown as the water was quite choppy due to the wind. The rest of the group continued. The wind gradually increased over the day. After paddling for about 17 km, arriving just after Queenstown and where the St. John river opened up, we got to the point where paddling was not allowing us to move forward and the wind was far too strong to continue. We decided to turn back and go to the Queenstown wharf where we waited for chauffer Donny to take us back to Gagetown to pick up our cars.

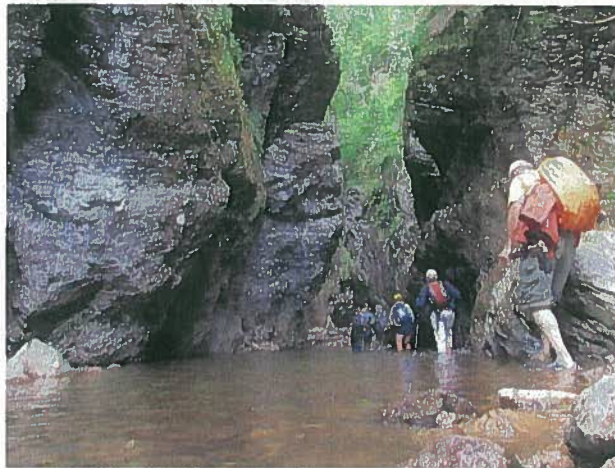


August – Honda Trail, St. Martins – This is a fairly new but interesting hike with a wide variety of terrain which begins on the Honda Trail. The hike took us to the seaside overlooking the St. Martins' Caves which marked the turnaround point as we returned via the beach.



September – Eye of the Needle

This hike is back by popular demand. The water this year was extremely cold but refreshing which didn't dampen the fun we had making our way through the Eye of the Needle.



September—Continuation of the Great Saint John River Anniversary paddle from Evandale to Queenstown.



October – Frost Mountain

It has been a few years since the group has been to Frost Mountain. The trail through the woods was beautiful with fall foliage crossing over streams and falls as we make our way to the spectacular views Frost Mountain is famous for.



Editorial cont'd...

November – Piccadilly Mountain, Sussex, NB

Finally, Piccadilly Mountain with no rain! Such a spectacular hike with a nice surprise around every corner. As we passed through Piccadilly Mountain, the mountain peak being 573 ft., we were greeted by curious farm animals as we passed a farm on route to the Sussex Bluffs. As always, a turkey favorite.



December – Spy Glass Hill

This is a great hiking trail in Rothesay which begins on the Brookside Trail. It's one of Rothesay's newest hiking trails which is approximately three kilometres long before it leads through a subdivision to Spy Glass Hill. Spy Glass Hill has one of the most spectacular views in Rothesay overlooking the Kennebecasis River. From there, the trail takes you to the RCS athletic fields and through trails in the woods to connect at the 1 kilometre mark on the Brookside Trail.



Gasthof Old Bavarian Restaurant

On September 28th, several members gather for a second year in a row at an authentic German restaurant for a delicious meal enjoyed by all.



Christmas Party

This year's Christmas Party was yet another success filled with games, prizes, food and slideshows. Thank you to Marion Pierce for organizing this event, to Gordon and Carol Lee Elliot for organizing the games, to Trevor Fotheringham for organizing the slideshows and as well, we acknowledged Marilyn McKay's 60th birthday.



Francine screeching in members at Gros Morne

Hikers Abroad

Becky Bourdage



The pictures in the SJOE Newsletter of the group hike to England last year made me wonder where else in the world, our members hike, kayak or cycle. Since I suggested it, I get to go first!

Personally, I also have a strong wanderlust gene and over several years, have been trying to hike in every continent. The differences you experience in the natural landscapes of other countries, along with their "culture shocks" can be amazing! Even so, I bet none of you would be surprised that while I have seen beauty everywhere, none of it has been better than what we have at "home".

October, 2013 (China-Hong Kong-Thailand) The accompanying pictures from the **Great Wall of China** hardly need identification since the wall is so iconic. They have restored only a few sections of the massive wall and only some areas are open to the public. The good part is, it is safe enough and clean; some of the vistas are spectacular and large. The not-so-good part is, it can be busy.

The steps were very steep and quite uneven, one from the other, and very worn in areas so you have to keep watch - plus, I found the return downward close to dizzying...but it was fabulous experience.

China surprised me with many things including great natural beauty - if you could peek at it through the hordes of people, the industry and the ever-present pollution which keeps the sun well-hidden.

Everything is very large to try to accommodate their billions of people - so even visiting a public garden means you will be walking for miles and also climb a fair number of hills.



Trevor Fotheringham

The Camino de Santiago is the name of any of the pilgrimage routes to the shrine of the apostle St. James the Great in the Cathedral of Santiago de Compostela in Galicia in northwestern Spain. Many take up this route as a form of spiritual path or retreat, for their spiritual growth. Trevor completed the 789km. Camino Francés route from Saint Jean Pied de Port in France.



The Camino defiantly absorbs you into its mysteries. The gentle calmness away from the day-to-day worries and routines of my normal life. The new friendships, forged though seeking common goals. Being able to live in the moment, taking pleasure from the simpler things in life. The overwhelming sense of achievement at the end of every day, witnessing so many new experiences, both spiritually and physically.

The following are excerpts from Trevor's journal, which highlight his three most memorable days. If you wish to read, the full journal send an email request to fottr@rogers.com and Trevor will attach his journal to the reply.

April 9 – day 1 – St Jean Pied de Port to Roncesvalles (25.1km)

The Napoleon route involves a strenuous climb of 1,450 meters over the Pyrenees, which took 8 hours to walk 25.1km. The view was fantastic with clear blue skies. Many photos taken of snow-capped mountains, deep valleys, and religious monuments including the Pic D'Orisson with its statue of the Virgin Mary

I walked most of the day with Pepe from Serville, Spain, whom I met half way up the mountain. It was quite a moment when we stopped at the stone marker on the France/Spain boarder. The boundary marker so unassuming, I would have walked right past it if Pepe had not pointed it out. We parted company at the monastery as Pepe preferred to stay at a private hostel.

April 21 – Day 13 – Hontanas to Boadilla (31.2km)

Today's weather is cool and sunny. I walked 7.9 kilome-

tres before breakfast in Castrojeriz. One of the special Camino moments was hearing the rooster crow as we reached the town. On top of a hill above the village lie the ruins of a castle established in the 9th century. Had we arrived at the end of the day rather than the beginning, I would have considered making the climb to the castle.

Upon leaving Castrojeriz, I felt a strong presence that Michel Arseneau was walking with me. Two day earlier in Borgus I felt that if Michel had still been alive, he would have considered joining me on this pilgrimage. Later that day at the base of Mount Alto Mestelares, I sensed my father's presence, who passed away many years ago. My emotions ran so high, I began to cry uncontrollably. I felt my father's encouragement as I began to climb 900 meters to the peak, as I remembered the hills we climbed together when I was a child. He encouraged me to challenge and fight the mountain and not let it beat me. Motivated by my spiritual encounter, I completed the climb without stopping. I passed several younger pilgrims on the way up, that appealed to my competitive tendency. I had to wait a few minutes for John-Guy, Delphie and Paul to catch up.

April 29 – Walk day 21 – Santa Catalina over Cruz de Ferro to Molinaseca (38.5km)

Today was fantastic, starting with a 500-metre gradual climb to the peak of Cruz de Ferro, followed by a steep 900m decent to Molinaseca. I was on a high and my pace reflected the emotion, often leaving Delphie and Jean-



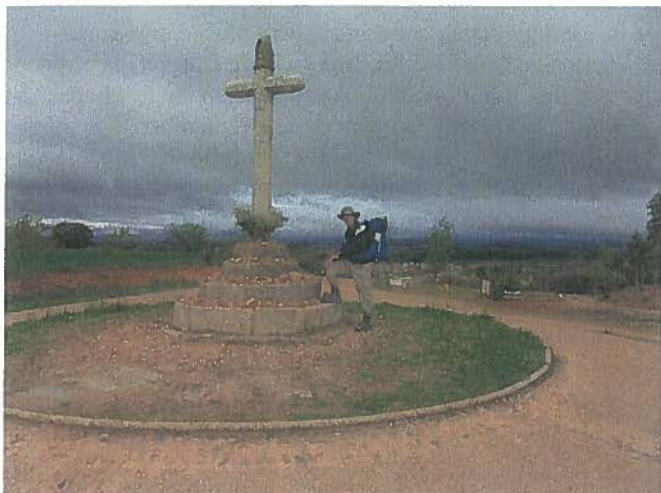
Guy, and other pilgrims I passed in my dust.

We started out early, and walked 12km alongside a quiet road, before stopping for breakfast in Rabanal. The Tortilla de Patatas fresh from the oven was the best yet. I have become addicted to these Spanish omelets, and order it for breakfast whenever I can.

After we left Rabanal, we started to climb into the clouds that hung low over the mountains. Damp from the dew in the clouds, we took shelter in a very pleasant hostel in Foncebadon owned by a charming free spirited couple who warmly welcomed all pilgrims. With a blazing fire and hot coffee, it helped to relieve the damp chill.

Hikers abroad Cont'd...

We continued for another 2 kilometres and reached the monument at the peak of Cruz de Ferro. This is where I added the stone I had carried all the way from Saint James' church in Saint John, New Brunswick, to the cairn around the monument. This great mound, made from the many blessed stones from all parts of the world, bears witness to the collective journeying of pilgrims from all nations.



We followed the trail to a second peak of Punto Alto (1,515 metres) stopping in the abandoned village of Manjarin. This is where a modern Knight Templar has converted one of the abandoned houses into a primitive Albergue. This is a famous stop along the Camino, to witness this rustic environment and spiritual hospitality.

Low clouds obstructed the views from the tops of these mountains, yet I was not disappointed.

The special mystical experience of walking in the clouds both spiritually and physically was overwhelmingly a far greater blessing.

* * * * *

Gros Morne National Park

On August 29th, 22 members gathered together at Gros Morne National Park for a traditional Newfoundland dinner and to chat about a weekend full of great hiking, dining, a Boat Tour through the landlocked fjord of Western Brook Pond and a special surprise around the campfire on the final night, organized by our one and only, Francine Losier.

Some arrived in the Park earlier in the week, while others took the ferry to St. John's to sightsee from West to East and the remainder of us sailed the rough seas to Port Aux Basque thanks to Hurricane Arthur.

She's some lop on da pond, buddy what? [rough day on the water]

We chose the first day to hike Gros Morne Mountain. The weather was perfect on the climb up and on the way down but

very cold but windy on top of the 806 meter mountain. It was worth every minute to see the surrounding views, especially overlooking Ten Mile Brook Pond.



"Take a gock at that!" [take a look at that]

It poured rain on day two, but that didn't stop us. We chose a flat terrain that took us through many miles of bog, our destination being the "Bakers Brook Falls" which was beautiful to see, even in wet weather. On route to the falls, we stopped to watch a bull moose feasting on a juicy tree, not really caring whether he had a large audience or not.



Our final day was a short hike to Western Brook Pond where we embarked the tour boat through the most stunning and breathtaking fjords that Newfoundland has to offer. As we returned, the tour guide turned over the entertainment to traditional Newfoundland music, as a few of the Outdoor Enthusiasts danced a jig.

"Not a bad bit nice" [beautiful]

On the final night, we were summoned by Francine Losier to attend her campfire. She dressed in Viking attire to screech in everyone so that we leave Island as an honorary Newfoundlander.

"Long may your Jib draw" [A good wish for the future]

Long Distance Trekker from Oregon

Earlier last year, I was contacted by Rod Banshee, a long distance trekker from Portland Oregon. He was planning a 4,000km trek from Florida Key West to Lawrencetown near Halifax, Nova Scotia, and was requesting directions through New Brunswick.

Assisted by Art McFadden, Alonzo Leger, and Paul Gaudet, Peggy McNaughton, Jim Gatien and myself, a route was planned through New Brunswick. Further help and advice, regarding Kayaking down the Saint John River from Oromocto to Grand Bay, was gleaned from Jack Saunders, Jim Gatien, and Chris Kennedy.

As Rod portrayed he and his wife's experiences though our area, the following paragraphs are from his blog.

"On Saturday I hike from Grand Bay - Westfield into Saint John and on to Rockwood Park.

On Sunday, we start with a hike through Rockwood Park, one of Trevor's favorite haunts. Spirit joins for the first hour, and we all get drenched in rain but love the Park. Later, June, another St John Outdoor Enthusiast, joins us for the rest of the day. They both hike faster than I normally do, but the route is easy so I push hard to keep up and the miles fly by.

Trevor has arranged that we can park the RV at Peggy's house. A wonderful, kind hearted person, she is a delight to get to know. She and Spirit spend Monday together visiting yarn stores and the coast line. For Tuesday he has arranged parking at Bill's house in St Martins.

On Monday Trevor has a few improvements to the TCT route, reducing road walks a little bit. Again we bang off the miles quickly, though we make stops for pastries and for ice cream! I'm below my desired weight again so am eating everything I can get my hands on. Trevor was a bit surprised that I ate my lunch and then bought three pastries to eat as dessert on the spot!

Trevor and I make good miles. He is a master of side routes, earning him the Trail-name "Detour".

On Wednesday, Trevor and I hike our last miles together, along the Fundy Trail up to the start of the Fundy Footpath. This is one of the most scenic stretches of trail I'll hike in the Maritime Provinces, except that it is foggy all day and the views are non-existent.

The final comment about the trip - There were lots of friendly people, but Liz Price of the Big Bend paddling trail, the people of Suwannee Florida, Sarasota Florida, and Saint John New Brunswick were particularly amazing."

Trevor Fotheringham

SJOE
25th Anniversary
long sleeve
wicking shirts
are still available
for sale.

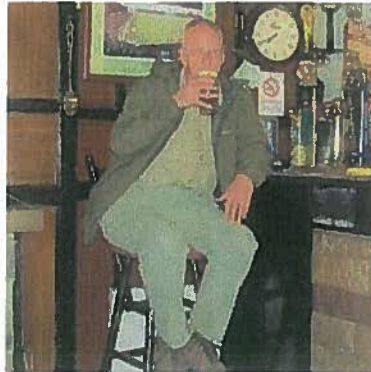
Sizes up to XL are
\$15.00
Sizes over XL are
\$17.00

Contact June at
847-4774
(evenings) to
place your order.

Some sizes are
limited so call
June as soon as
possible.

Ramblings by the President...

My term as president of this club, which I have enjoyed and benefitted from with lots of opportunities, is drawing to an end.



The club's By-laws state, "No elected Director shall hold the same position for more than three consecutive one year terms unless circumstances govern otherwise". Irrespective of the by-laws, I feel the time is right both for the club and for myself to step down. Now is the time for someone else with fresh ideas on how to continue to move the club forward and to take over as President.

Over the past three years, together with the Board of Directors, I have tried to improve the public profile of the club with the belief that there are many other people involved in active outdoor pursuits looking to join clubs like ours. Through increasing access and links to the club's website, developing a Facebook page, media interviews and teaming with other organisations such as Walk for Wildlife and Earth Hour, I believe the Board has been successful in this endeavor. This is evidenced by many enquiries being received and a steady increase in membership.

Some of the highlights I have enjoyed during my Presidency include:

- Participating in the Mount Carleton and Campobello extended weekend events.
- Walking with Rod Belshee during his long distance trek from Key West to Halifax
- Walking the Cleveland Way with members of the club
- Participating in the club's 25th Anniversary celebrations
- The friendships developed as a result of many club events

In conclusion, I would urge all members of the club to consider nomination or volunteering for the role of President. Yes, it does require a commitment of time, but the rewards are many.

Happy trails!

Trevor Fotheringham



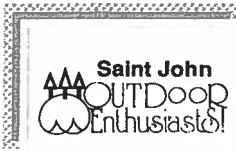
Annual General Meeting

March 27, 2015

**Nominations/Volunteers
Required for**

President

Vice-President



SJOE BUSINESS INFORMATION

P.O. Box 691, Saint John NB, E2L 4B3

www.sjoe.ca

The 2014-15 executive/committee appointed/elected at the March 7/14 Annual General Meeting:

President	Trevor Fotheringham	696-6093 or fottr@rogers.com
Vice President	Glenise Brunt	633-2714 or geebee@bellaliant.net
2 nd Vice President	Chris Kennedy	647-2382 or jckennedy@gmail.com
Secretary	Marion Pierce	849-2932 or piercen@nbnet.nb.ca
Treasurer	Bill Hall	833-9808 or bilhal2002@yahoo.com
Membership	June Hicks	847-4774 or june.hicks@bellaliant.net
Phone/Email Committee	Carol Ring	847-0953 or caring@rogers.com
Newsletter	June Hicks and Glenise Brunt	847-4774 or june.hicks@bellaliant.net 633-2714 or geebee@bellaliant.net

IMPORTANT INFORMATION

Planning of Impromptu Events:

If you have an impromptu event you are coordinating and would like to have the club members notified either by phone committee or electronically please contact Carol Ring at 847-0953 or by email at caring@rogers.com

Contacting Executive:

If members have any concerns, ideas, or developments you may wish discussed at the executive level, please contact Trevor Fotheringham.

Membership related:

New/renewal of memberships are for April 1, 2014 until March 31, 2015. If you know someone who may wish to join SJOE please use the waiver attached and mail to the address on the form. The membership form can also be accessed via www.sjoe.ca

- ❑ Club crests are available at no charge for new members (one per single/family membership). Additional crests are available to members for \$3.00 each. Please contact June Hicks. You may also take any item of clothing to Mark's Work Wearhouse and they will embroider the SJOE logo for a small fee.
- ❑ Only one membership card is issued per family membership, as per SJOE policy. If other family members prefer their own card(s), please contact June Hicks to request additional cards.
- ❑ If during the year your personal information changes, such as address, phone #'s, or your email address, **please remember to update June Hicks (june.hicks@bellaliant.net)**. This is our way to keep in touch with impromptu events, newsletters, and membership business. Help us keep our records current.

Event Related:

Leaders are asked by the executive to have all members and guests sign the enclosed waiver at the start of every club event. Copies of the form are available from the SJOE website for leaders to print off. Copies will be mailed out to those members who do not receive an electronic newsletter.

The Executive would like to remind members to be sure to call the Event Coordinator by the **"Confirm By" date for each event in which they wish to participate**. Events can be rescheduled or meeting places changed, so do not be disappointed. The coordinators will only contact those who have called them. If an event does not require confirmation then the coordinator has chosen not to be contacted prior to the event.

Membership Discounts:

Club members are entitled to discounts from the following companies:

- **The Scout Shop** - 10% off regularly priced merchandise
- **Mark's Work Warehouse** - 10% off regularly priced items
- **Greenlee Shoes** - 10% off regularly priced items
- **Bens Clothing** - 10% off on regularly priced items
- **Darlings Island Bike Shop** - 13% off on regularly priced clothing and accessories
- **Alternatives** - 15% discount on regularly priced clothing and accessories
- **River and Trail Outdoor Company** - 10% off regularly priced items
- **OutdoorsNB** – 10% off Retail
- **Gibson Creek - group discounts** - Organize a group of four or more and get a discount of 23.5% for any of the following 2010 courses. That is, the normal rate of \$85/day reduces to \$65 per person/day. Gear is included but it is beneficial to use your own canoe. Visit the website at www.gibsoncreek.ca
 - Paddle Canada "Canoe Basics" – entry point for new paddlers
 - Lake-water levels 0, 1, or 2 in either tandem or solo, with canoe rescue
 - CKNB Modern Touring style (sit 'N' switch for non-kneelers!)
 - Moving water – Introductory tandem
 - Canoe poling – solo
 - Big Canoe (Team paddling)
 - Synchronized canoeing – multiple solo canoes

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NOTICE



Saint John Outdoor Enthusiasts
2015 Annual General Meeting
Friday, March 27th

Church Of Saint John Baptist & St Clement
815 Millidge Avenue, Saint John

Potluck Supper at 6 pm.

Bring along your favourite dish to share
Including the serving utensils

Members are reminded to bring
Your own plate(s), cup(s), and cutlery

Our AGM will start at 7 pm

This is a time for review, reports, new business, and
election of officers/committee members

See you there...

**APPLICATION for MEMBERSHIP
AND
ASSUMPTION OF RISK WAIVER**

I am aware that travel, whether in civilized or remote areas and whether by auto or other conveyance, or on foot, bicycle, canoe or the like, contains some inherent risks of illness, injury or death, which may be caused by negligence of others, physical exertion for which I am not prepared, consumption of alcoholic beverages, forces of nature or other agencies known or unknown. I acknowledge that the enjoyment of club activities is derived in part from the inherent risks incurred beyond the accepted safety of life at home or work and these inherent risks contribute to such enjoyment, being a reason for my participation.

I recognize that such risks may be present before, during and after an event or activity that I participate in under the arrangements of the Outdoor Enthusiasts!. I am aware that medical services and facilities may not be readily available or accessible during some of the time that I am participating in events or activities.

In consideration of the right to participate in events and activities, I have and do hereby fully assume all risks of illness, injury or death, and hereby release and discharge the Outdoor Enthusiasts!, its directors and members from all actions, claims or demands for damage resulting from participating in events and activities. I agree that the foregoing obligation shall be binding on me personally, as well as upon my heirs, executors and administrators, and all members of my family, including any minors accompanying me.

I have carefully read this waiver and understand its contents. I am aware that this is a release of liability and sign it of my own free will and in its entirety.

Print Name of each adult

Signature

Date

Print Name of each adult

Signature

Date

(Please have all adult members & legal guardians sign)



I wish to join the **Saint John Outdoor Enthusiasts! Club** as a
 Single membership (\$10) or **Family membership (\$15)**
 New member **Renewal, No Change(s)** **Renewal, With Changes**

Names: _____

Names: _____
(list all participating family members)

Address: _____

City / Province: _____ Postal Code: _____

Home phone: _____ Work phone: _____ Email: _____

Send signed form with your cheque to the Saint John Outdoor Enthusiasts! Club, PO Box 691, Saint John, N.B. E2L 4B3. **Memberships can not be processed without the signed waiver form.**

