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[www.sjoe.ca](http://www.sjoe.ca)

Oct-Dec 2012

# newsletter



Mt. Carleton Provincial Park

*Twenty years from now you will be more  
disappointed by the things you  
didn't do than by the ones you did do.  
So throw off the bowlines.  
Sail away from the safe harbor.  
Catch the trade winds in your sails.  
Explore. Dream. Discover.*

MARK TWAIN

# Editorial

What an amazing summer it has been with a full and varied SJOE schedule. We had a lot of fun from the Summer Barbeque, hike at Grand Manan, backpacking the Fundy Footpath and to the fantastic weekend at Mt. Carleton Provincial Park, as well as everything else in between.



The Summer Barbeque was voted a great success with 30 members attending along with a variety of wonderful food. It will now become an annual event. Hopefully, next year we can encourage more of you and your families to attend.



We also had more paddling events this summer, including a kayaking trip from Kingston Creek to Evandale Inn and the very challenging, windy return.

I hope you enjoy reading the stories of some of our members' adventures over the Summer, there were indeed some trials and tribulations combined with a lot of laughs and challenges along the way.



Check out our updated website at [www.sjoe.ca](http://www.sjoe.ca) and also our new SaintJohnOutdoorEnthusiasts page on Facebook.



Finally, I apologise for the delay in publishing this issue but have had my own personal challenges to face over the past couple of months which interfered with my being able to get this completed before now.

**Glenise Peck**

*Pictures:*

*Little Salmon River*

*Eye of the Needle*

*Mt. Carleton Provincial Park*

*Kayak trip Kingston to Evandale*



# R a m b l i n g s . . .

Wow, what a great summer we have enjoyed. It is very pleasing to see the club taking advantage of this great weather with many events. I am sure the Summer Barb-e-que, and a long week-end away, similar to the Mount Carleton trip we enjoyed this year, will become annual events.



*Mt. Carleton Group*

One matter that is causing me some concern is the way the groups are stretching out during hikes. Particularly when the group is large, or the event is challenging. This can be very disconcerting to the leader, especially when there is more than a kilometre between the person at the front and the back-marker. It is considered best practice that walks are taken at the pace of the slowest member of the party. This is especially important when new members are present so they don't have to worry about being left behind. During some recent events some members have even complained that they have to wait too long for others to catch-up. If you slowed down a little and remembered that all events are meant to be fun and sociable, and spent more time taking in the views and stopping to smell the proverbial roses, you would not have to wait quite so long. Having said that, it is reasonable to expect that the group should set a reasonable pace, and members should ensure they have the ability and fitness level to complete the event. If you are in doubt about whether the event is suitable for you, please contact the event leader.

The Event Activity challenge is going very well; with some members already achieving the 250km mark. The award patches are now available; just present your Activity Log to myself. **Please remember this challenge is for personal reward, and is not a competition.**

Regarding contacting other groups, I recently met with Paul Gaudet, President of the Moncton Outdoor Enthusiasts. We have agreed to co-operate with events, starting with sharing our respective event agendas and agreeing that members of either group are welcome to participate in any event. Beginning in 2013 we hope to organise joint events, including some trail maintenance projects. I was invited to the October Executive Meeting of the Fundy Paddlers to discuss similar arrangements. Another group I am hoping to contact soon is the Saint John Cyclist Association, not only to discuss joint road cycling events, but offering to assist them with their extensive maintenance projects in Rockwood Park.

Speaking of Rockwood Park, under the guidance of the Park Naturalist, Emilie Murphy, I have been busy installing signs to identify the various trails in the Park. With help from Phyllis Arsneault, Jim Sulis and Mary Quartley, the signage on most of the trails is now complete.

In conclusion, I know that not everything is done to everyone's liking, and it is so easy to criticize, but criticism is discouraging. The event leaders and the members of the Board of Directors' commitment to the club is entirely voluntary and so necessary for the successful functioning of the club. Lets thank, not discourage our volunteers, because without them we would have no club.



*Summer Barbeque*

*Trevor Fotheringham*

# The Fundy Eight Plus Two...

For the past two years or so, a small group of SJOE members, namely, Trevor Fotheringham, Ruth Alexander, June Hicks, Bill Hall, Monica Hindley, Dan Kane and Glenise Peck, have been training hard in order to undertake completing the infamous 42 km Fundy Footpath trail. The group was led by Trevor who had completed the trail a couple of years previously. We were joined by Courtney, a friend of Ruth's daughter, and being the youngest member of the team she happily helped out Glenise who had a few trials along the way in carrying all her gear.



We set off on July \_\_ from Ruth and Don's house in Sussex to the White Car Road where we commenced the trail the other side of Point Wolfe, along with Alan Howes and Don Alexander who came with us the first day until we reached our first night's campsite.

Within a few metres the trail started to climb steeply which was to be the order over the next 4 days. Trevor remained at the rear to cajole Glenise into continuing pushing her uphill on occasions. This is our story...

Monica, Dan, Ruth, June and Bill easily climbed the steep hills and took turns in keeping back with Glenise and Trevor who were somewhat slower.

The first night after an 8 km hike, we camped at Goose River. Glenise was in two minds whether to continue on and go back with Don and Alan. However, after a night's rest she felt energised the following day and seemed to gather strength day by day.

The second night we all camped at Wolfe Brook after another gruelling 8 km hike. After pitching our tents we dined on rehydrated meals—after 3.5 days of these a burger is a gourmet meal!



On the third day, Trevor woke up not feeling too well. He had symptoms of a chest infection and realized that he may not be able to continue. We broke camp and headed towards Dustin Brook. After another challenging hike which ended with a very steep downward, switchback trail to the beach, few of us took advantage of the lagoon to wash away the dirt and sweat of the previous two days. Cool but refreshing.

Another couple was camping here and after much discussion with Trevor and everyone in the group, he decided to stay put, rest and go out with the couple the following morning. After lunch, the rest of us continued climbing up a very steep bank and hiked towards our next campsite at Cradle Brook. Monica and Dan, who were the fittest among us, went on ahead, continuing on to camp at Seely Beach. They headed out early on the last day to reach the Interpretation Centre at Big Salmon River around 11 a.m.

Ruth, Courtney, June, Bill and Glenise broke camp on the last day and headed out along the last leg of the trail. By this time, we were all suffering from aches and pains, blisters, cuts and scrapes encountered along the trail.



The Interpretation Centre came into view several km away, a very welcome site and all of us felt very relieved and emotional when we reached the suspension bridge over the Big Salmon River and saw the sign officially marking the end of the trail.



The trail itself, which rises and declines from sea level to 300 metres, is reasonably well-marked with white blazes and consists of very steep 35-45 degree climbs and declines; including switchbacks, the need to clamber up, down and over rocks, boulders, tree trunks and roots along, at times, very narrow ledges with what seemed to be endless drops to one side. The scenery and foliage are amazing and the trail continues endlessly through woods, forests of pine, tamarac, birch, sometimes along plateaus at the top of the hills with many brooks and waterfalls en route. Campsites are primitive, a couple had pit toilets that were a lot to be desired. Hey, this is the wilderness after all.

We met a few people hiking the trail from the opposite direction to us who all seemed to be well equipped.

The wildlife, birds, snakes and squirrels with an abundance of scat from the more ferocious creatures none of us would have liked to bump into.

#### Comments:

**Glenise**—I certainly found it very challenging, particularly the first day as I had not carried a 30 pound backpack before (apart from one practice run a few weeks earlier). I found the

steepness of the trail, both upwards and downwards extremely demanding. Had I realized how challenging the trail was I probably would not have attempted it. I had been warned but until you are actually there, you cannot appreciate the difficulty. If I had not been training and working out for the past 4 years, it would certainly have been way beyond my capabilities.

**June**— As I mentally prepared myself for the Fundy Footpath experience, my nerves started to get the best of me. It was the unexpected. The many hills we were about to face and the degree of steepness was how it was described, and nothing less for three quarters of the trip from Fundy National Park to the Fundy Trail's Interpretive Center. With my plantar fasciitis flaring up, my concern was whether my feet would carry me 42K with 30 pounds on my back. The first day I contemplated returning with Allan and Donny who were only there for one day. The first destination was 8K and upon doing the math, 16K was not an option for my feet. To my surprise they carried me through and thoroughly enjoyed the journey. Most of us either went in with injuries or acquired injuries along the way, but the feeling we all felt when we reached the end was so overwhelming that Glenise cried with joy, pride, relief, the sense of accomplishment. We all felt it and cried along with her. But, without our leader, Trevor, who reluctantly had to exit the path halfway through....and this is his story....



**Trevor**— Usually after steep exhausting climbs, I recover very quickly when the hill levels out. Later that 2nd day, this was not happening, I was feeling very tired even when the trail was relatively flat (The Fundy Footpath is never completely flat). I realised at

this point, that I could no longer complete the trail and started to contemplate and discuss an exit strategy with the rest of the group. Note I was never left alone on the trail, at least two members stayed with me at all times. After much discussion I decided that the best plan was for me to rest and camp overnight at Little Salmon River if we could find other campers staying at that site, then take the primary central access trail (As identified in the Fundy Hiking Guide), up to the Dustin Brook Road. One member of the group would attempt to contact the backup person, if cell coverage was obtained (yes a big if, coverage is very poor to non-existent in this area), so he could come and pick me up. Using a backup plan that the group would come to get me after reaching the trail end Monday afternoon, just in case no contact was made.

With regards to the criticism of the group and especially the leader of leaving me alone, I was the leader and take full responsibility for that decision. I knew how hard they had trained and prepared for this hike, and I wanted them to complete the hike. Yes I am fully aware of the dangers of hiking alone, and the suggestions that nobody should walk alone, is one of several safety factors strongly promoted by The Saint John Outdoor Enthusiasts. However it was entirely my own decision, rightly or wrongly, that I was capable of walking out the Dustin Brook access trail alone.



Several people have questioned me on why I did not take the McCumber Brook Access, which, for various reasons, would have been the better choice. This is a perfect example of how much easier it is, in hindsight or third party observation, to make judgements with clarity of thought, to criticize decisions made at the time, when most of the information

would actually be future events and experiencing a degree of poor judgment related to exhaustion, heat stroke and a chest infection.

That morning, I did consider taking the McCumber Brook route, especially when I was packed and ready to depart before the couple I had stayed with had broken camp. Suggesting I would have had at least 30 minutes' head start and could have possibly made it to their truck before them. But, what if something went wrong? I would have been in the McCumber Brook Road area when, my friends, in accordance with the aforementioned backup plan would have been searching for me in the area of Dustin Brook Road. Therefore, cursing myself, for not thinking of this option before leaving the group the day before, I decided to stick to the original plan.



My problems began when I reached the Dustin Brook Road parking location at the end of the trail. I knew where I was, but unsure of which way to go, or if I should stay and wait at that location. This resulted in the necessity to investigate all possible routes, until by a process of elimination I was able to figure out the correct route and meeting location.

Regarding the question on whose responsibility it would have been if things had turned out differently? The answer is primarily myself; I am fully accountable for the choices and decisions I made.



**Bill**—Although we saw little of the Point Wolf River Estuary, it played a roll in our journey. The tide was in and it would have been a hard swim to get to the other side where the path begins. We began at the White Car trail. And yes I took a photo of the white car. I wonder if it was pink would it be called the Pink Car trail? I love being outdoors and hiking is a great way to enjoy the sunshine and fresh air. The Fundy Foot Path has some of the most varied and beautiful scenery found in Canada. Yes I took some more pictures of these scenes. When someone tells you they have hiked this foot path. They mean they climbed this trail. More than half of it is up. These were slow climbs. On the second day of the four you are telling yourself lots of things that had nothing to do with how nice a day it was. Bring a water filter with you when you go. You need lots of water and you will not be able to carry it in bottles. What makes a backpacker a backpacker ? It's these climbs. The experiences from thru-hiking a long trail to pushing your personal envelope. We did this the Fundy Foot Path and at the end were full of smiles and tears. We knew we are now among the few who added it to our experience.



**Monica**—This is my second time and I found it to be easier than last year but still a challenge in every sense of the word. It was nicer this time as I was able to stop, take some pictures, have a nice relaxing swim in the lagoon to wash off the previous 2 days' worth of sweat and feel refreshed before heading off to do it some more. Being in the woods for 4 days really does make one enjoy the simple things like a chair with a cushion on it, a nice meaty hamburger and a comfortable bed - all the things we normally take for granted. Its also a time to bond with some great people you don't always see in your day to day life

and getting to learn new things about those that you do know - sleeping in hammocks/ tents & eating out of bags will bring out idiosyncrasies in people that you didn't know were there! It was long, grueling and I was glad when it was finally over - BUT - I also felt great pride and a sense of accomplishment upon completion at the same time. Will I do it again - most likely - will it be anytime soon - most likely not! Thanks for the memories guys, I couldn't have picked a better group of people to do it with



*We made it to the end....*

**MARKETPLACE**

**FOR SALE:**

**Sea Kayak**

**New, never used**

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**For more information**

# Mt. Carleton Provincial Park

Let me begin by telling you that the Labour Day weekend trip was in the planning stages for awhile. Everyone was excited, elated and anticipating some pretty unique adventures as we were all going to stay together as a group and get to know one another really well over the next three days! I will briefly state that my little adventure started Friday, August 31<sup>st</sup> as Trevor, Becky, Carol Lee and myself went to explore Grand Falls to have some fun on a zip line. A little nervous at first, but with a brief demonstration of what we were about to do, we enjoyed the beauty as we flew across the gorge and the scenery around us of the rocky formations below, but praying (at least I was) that we were strapped in really well lest we meet our maker too soon! It was fun as Carol Lee snapped some of the best photos of us flying across and screaming with joy and Trevor fulfilling one part on his "bucket list".



The drive to Mount Carleton was very scenic with some cloud formations along the way as we were nearing our destination. It did not rain long as we approached the park and arrived after 6:00 pm to check in. The drive to our cabins was very long. Where the parking lot was designated, we had to carry our gear across the foot bridge and up the long and winding road which took several trips. The warden would have transported our gear, but we arrived too late and had to suck it up and do it ourselves! As we were ready to unpack, the generator lost power and luckily we had headlamps to find our way and set up housekeeping! We waited at the parking lot to help transport the gear of others who arrived throughout the evening. We contacted the Warden by radio to arrange to fix the generator, but being so far from headquarters, we didn't know how long it would take. Needless to say, it was a beautiful moonlit night



to assist us in settling everyone in. The power was fortunately up and running before night's end.

The evening was breezy and cool as we snuggled into our cabins. Nine women occupied the Otter cabin with eight bunks which was quite roomy and cozy. Six men occupied the Porcupine cabin with four bunks to squeeze into. The next morning our adventure began after breakfast. The cook house/dining room was awesome which had everything. Talk about roughing it (joke)! As soon as Alan and Glenise, the final two members of the group arrived Saturday morning, we started out on our adventure beginning with Mount Sagamook, over to Mount Head, and finally to Mount Carleton. Mount Sagamook was a spectacular climb. There were lots of roots and many rocks to climb. When we arrived at the top, the view of Nictau Lakes with the surrounding forests was stunning. After lunch we proceeded down the trail to Mount Head that led through the Acadian Forest, some amazing unusual plant life





and plenty of ferns while being serenaded by a chorus of singing ladies (courtesy of Becky and company ) to keep us entertained!

The final trail that day to Mount Carleton was a good climb over the rocky mountain side until you reached the peak. It was quite cold and windy and the lookout again was fabulous. The trail leaving Mount Carleton proved to be a challenge. We hiked our way down a very steep, boulder filled trail looking over the edge at some points along the way, we had to watch our every step of the way or there would be some rocking and rolling all the way down!



We returned to the camp to enjoy a fantastic dinner feast prepared by Chef Glenise and her sous chefs to a chicken with fettuccine and tomato basil sauce which was delicious. This was followed by a good kitchen party with plenty of music and dancing. The night ended with the girls retreating to their cabins for drinks and good conversation while the men scurried back to their cabin to get a head start on sleep before Jack "Bullmoose" Burnham kept them awake. Yes folks, you didn't hear it from me!

Sunday, the hike up Mount Bailey was a gradual ascent to the top. We gathered for lunch at a beautiful spot where we could see in the distance a moose feeding in the lake below. The pictures June took were spectacular as they resembled the photos in the brochure. After lunch, we continued the trail back towards the carpark. Some of the group took an alternate hike out along the cliff edge while the rest stayed on the inner trail. With the arrival of Bill and Trevor we saw they were carrying June using their arms as a make-shift chair. She looked like she sprained her ankle! I almost panicked at the thought of it! The joke was on us since June could not keep a straight face

and laughed the whole time. Acting classes start next week for June. I was relieved she was okay, but I know Trevor cooked this one up for sure!

For the rest of the afternoon, some moved on to the camp to go kayaking while others continued on a beautiful hike to Williams Falls and the Pine Cone Trail, taking in the beautiful views of Bathurst lakes and the loons swimming by. The supper again was prepared by Chef Glenise and her peeps, the sous chefs, with rice and chili on the menu, which yielded more than enough for two helpings. As you know, nobody stands between Allan and his stomach. As we were called to supper, Allan filled his plate to capacity, which dropped to the floor! Yikes, not to fear, there was enough to fill his plate again, and again, and again! It will be a tooting good time tonight for sure, if you know what I mean.



Sunday evening was such a beautiful night with the full moon shining out over the lake that some took out the kayaks while others took photos. We also had a campfire, enjoying our drinks and laughing. There was storytelling games where we each had to decide which one of the three stories was fiction. The stories were so hilarious, they kept us in stitches. The funniest story of was when five of the six men in the Porcupine cabin were trying to ship Jack "the Bullmoose" Burnham off to the girls' cabin so that they could get a good night's sleep. Needless to say, it didn't work and the race was on to fall asleep before Jack revved up his nostrils. I could write a book of the fun that we had as a group that long weekend, but in short, I will always remember the comradeship of our SJOE GROUP that I look forward to campouts every year. Good friends, good times!

*Lisa Cattaruzza*

# Future Events



## **Celebrate the foiled Gunpowder Plot of 1605 with Henry and Christa Peiser**

**Monday, November 5, 2012**

**Bonfire, burning of Guy Fawkes and Fireworks**

**Bring snacks to share and a donation towards the fireworks**

**Call Henry by November 4 on 847-4937**

## **SJOE Christmas Party**

**Saturday, December 1, 2012**

**Carleton Curling Club,  
Rodney Street, Saint John West**

**Cocktails—6:30 pm  
Dinner—7:00 pm**

**Tickets: \$15.00**

**Call Trina Whipple on 693-0843  
for Reservations by November 25, 2012**

**Music, dancing, games and prizes**



## **Solstice Bonfire and Pot luck Supper December. 21, 2012 after 5 p.m.**

Come to Phyllis' to welcome winter's arrival on the 21st or the closest good night. Best to call early in case I have to move up the date. We will have a pot luck supper and enjoy the bonfire on the longest night of the year. Dress warmly. Bring a chair to sit beside the fire. Bring your dishes and cutlery if you plan to take your food out to the fire. How about looking up lore about solstice customs throughout the world.

**Call Phyllis Hart at 847-5408**