

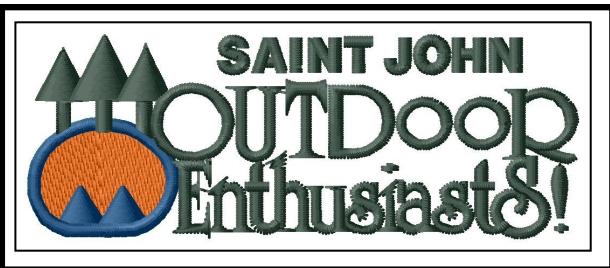
# OUT THERE !

SJOE Newsletter  
July 2018



*"Snowshoes are winter's invitation to peaceful rambling!"*

- Stefan Anderson



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Find us on

# EDITORIAL

We hope you enjoy this issue. Below are photos from some of the events we have held over the past six months. Look for the Announcement about the Photo and Story Contest later in this issue—a chance to win a \$50.00 gift certificate to one of our membership discount outdoor gear stores of your choice.

Glenise & June



**Locations:**

Cotter Hollow—January

Fuller Falls—February

Hidden Valley and Friars Nose—March

Cycling St. George to Pennfield (TransCanada Trail)—April

Honda Trail and Caves Extension—May

Paddle—Roachville to Norton Bridge—June

# Adventures beyond the Club

## Yurt Weekend with Club Members and the Icy Coastal Trail



Winter camping, in a yurt, a large group of friends and a hike on the icy Coastal Trail in Fundy National Park.

Such a fantastic way to embrace the winter.

The group arrived on a late February Friday night, settled into their respective yurts and spent quality time socializing in the evening. It was decided that Saturday's hike would be the Coastal Trail. Approximately 6 km of the steep, winding trail was sheer, thick ice and luckily for us we always come prepared. With a good pair of icers, we forged ahead. One section of the trail was a steep descent and some of the group dropped to their butts for better control. All but three hikers turned back

after 6km via the road only to find it was just as icy. The other three hikers went on to the end of the trail and back and discovered that the second half was mostly snow. As for the others on the road, there was a lot of slipping and sliding and they eventually arrived at the yurts for a well-deserved rest.

The evening social included a "Mexican" themed dinner, prepared by Chef Gordon and many sous-chefs who prepared a delicious meal.

Winter life was at its finest!



### Share tales of your adventures

If any members have been travelling, independently of the club, solo, as a couple or family, (near or far) to experience outdoor adventures that encompass hiking, snowshoeing, skiing, biking or paddling, we would love to receive your stories.

Please submit to June or Glenise before the end of December 2018 to be included in the next issue.

# President's Ramblings

## Hello fellow outdoor enthusiasts!

*"Like music and art, love of nature is a common language that can transcend political or social boundaries."*

Although I can't recall where I saw this quote, I pull it out now because it speaks to me about how SJOE members evidently love being out in nature – with enthusiasm. Some of you have been life-long enthusiasts and exhibit your depth of experience and skill. Others are newer or less consistent in their outdoor activities but together, we benefit from the sharing which naturally occurs as we participate in SJOE events and which can transcend our everyday concerns and our minds' "busy-ness". As well, we often describe SJOE as "user-friendly" but additionally, anyone who participates with us over a period of time also realizes that SJOE members should expect:



### The unexpected:

- Adding or subtracting distance in a spontaneous moment
- Making our way through obstacles, even "bushwhacking" if needed
- Getting a wee bit lost or misdirected (always temporary!)
- Being visited by tail-slapping beavers, startled grouse, circling eagles, curious harbour seals, energetic sand pipers and passing by the undeniable signs of moose
- Frequently gathering after events for a meal or other social time

### To explore new places:

- Even though we return to favourite spots, there is always an extra "view" or a change in the landscape to check out
- We are usually among the first, and probably the most frequent users of any new local trails (e.g. Split Rock)
- Leaders take time to visit unfamiliar areas before putting events in our general calendar
- The impacts of our varying, and sometimes extreme weather cause whole new looks to favourite places (e.g. Parlee Brook/Hidden Valley)

### To be moderately challenged:

- Tackling easy to difficult terrains and conditions
- Being out in all kinds of weather and temperatures by taking wise precautions
- Adapting our styles and preferences to accommodate all participants
- Getting out of warm beds at early hours, to meet up (and finding it's always worth it!)

# President's Ramblings Continued...

If these ramblings don't particularly motivate you, what about "ecootherapy"? Yes, there is a growing scientific field called ecotherapy from which research is adding to our knowledge about the strong connection between time spent in nature and reduced stress, anxiety, and depression. It's not precisely clear as to how outdoor excursions have such a positive mental effect but in a 2015 study, researchers found that those study participants who did a nature walk had lower activity in the prefrontal cortex, a brain region that is active during rumination — defined as repetitive thoughts that focus on negative emotions. In an earlier item from 2010 here are five other good reasons to get outdoors and spend time in nature (from a [Harvard Health Letter](#)):

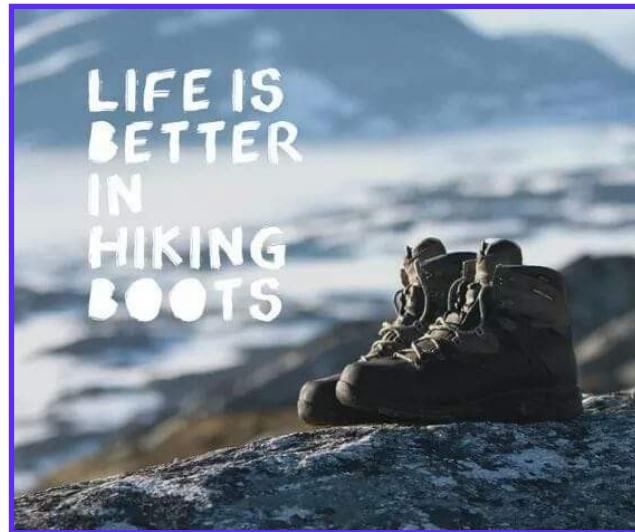
- **Your vitamin D levels rise.** Sunlight hitting the skin begins a process that leads to the creation and activation of vitamin D.  
Limited sun exposure (don't overdo it), is a good regimen.
- **You'll get more exercise.** If you make getting outside a goal, that should mean less time in front of the television and computer and more time walking and doing other things that put the body in motion.
- **You'll be happier.** Light tends to elevate people's mood, and there's usually more light available outside than in. Physical activity has been shown to help people relax and cheer up.
- **Your concentration will improve.** Children with ADHD seem to focus better after being outdoors. It might be a stretch to say that applies to adults, but if you have trouble concentrating, outdoor activity may help.

**You may heal faster.** In one study, people recovering from spinal surgery experienced less pain and stress and took fewer pain medications when they were exposed to natural light.

So SJOE adventurers: "**Don't worry, Keep Hiking!**" ... *La-da-dee-da-da-da dee-da-da-dee-da-da!*

*Till next time!*

Becky



# Announcements

## Photo and/or Story Contest !

### For a chance to win one of two \$50.00 gift certificates

to one of our membership discount outdoor gear stores of your choice, please submit your favourite "outdoor" photo with a caption and/or "outdoor" related story which can be of local interest, comical or factual. Stories should be kept short and sweet and fill no more than a letter sized page.

Please note the contest rules below and that the SJOE Board members' will make a random draw. Their decision will be final.

#### Rules:

1. Open to members only. Board Members and their families cannot participate in this contest.
2. Photos and/or stories should be based on Outdoor adventure - capture the fun of an outdoor activity. Cycling, hiking, paddling - you name it! Stories must be original and not copied from any other medium.
3. Entries must be digital and emailed as follows to June and Glenise and must be received by no later than **October 31, 2018**. Names will be entered into a draw to be randomly pulled by members of the SJOE Board of Directors.
  - Glenise - [ggeebee@bellaliant.net](mailto:ggeebee@bellaliant.net)
  - June - [june.hicks@bellaliant.net](mailto:june.hicks@bellaliant.net)
4. Results will be announced and published in the next SJOE Newsletter.
5. Winners will receive their prize shortly after the draw has been made at the December 2018 Board meeting. (Two members will be awarded one gift card each).
6. Content alteration of digital files is not acceptable; including combining multiple photos. Cropping of photos is permitted, tonal or colour corrections are acceptable. Borders, frames, text or other graphic treatments are not permitted.
7. Photographs entered must not have been previously published. Individuals can only win once. Entrants must own all rights to the photograph submitted. As such, entrants hold Saint John Outdoor Enthusiasts and the contest sponsors harmless from any breach of copyright. Photographs that have won any other contests or have been published in a magazine or newspaper or via Facebook are not eligible. Photographs that violate or infringe upon another person's copyright are not eligible. For a photo in which a person is recognizable, please obtain the person's permission that the photograph can be submitted to the contest. This is the responsibility of the entrant and written permission must be presented in the event the photo is a winner. Photographs must have been shot within the past two years (since January 1, 2016).



# Finally...

We look forward to receiving your entries for the photo and/or story contest in the coming weeks...



Hope you enjoyed this issue .

See you "Out there"...

Your Newsletter team -

Glenise and June