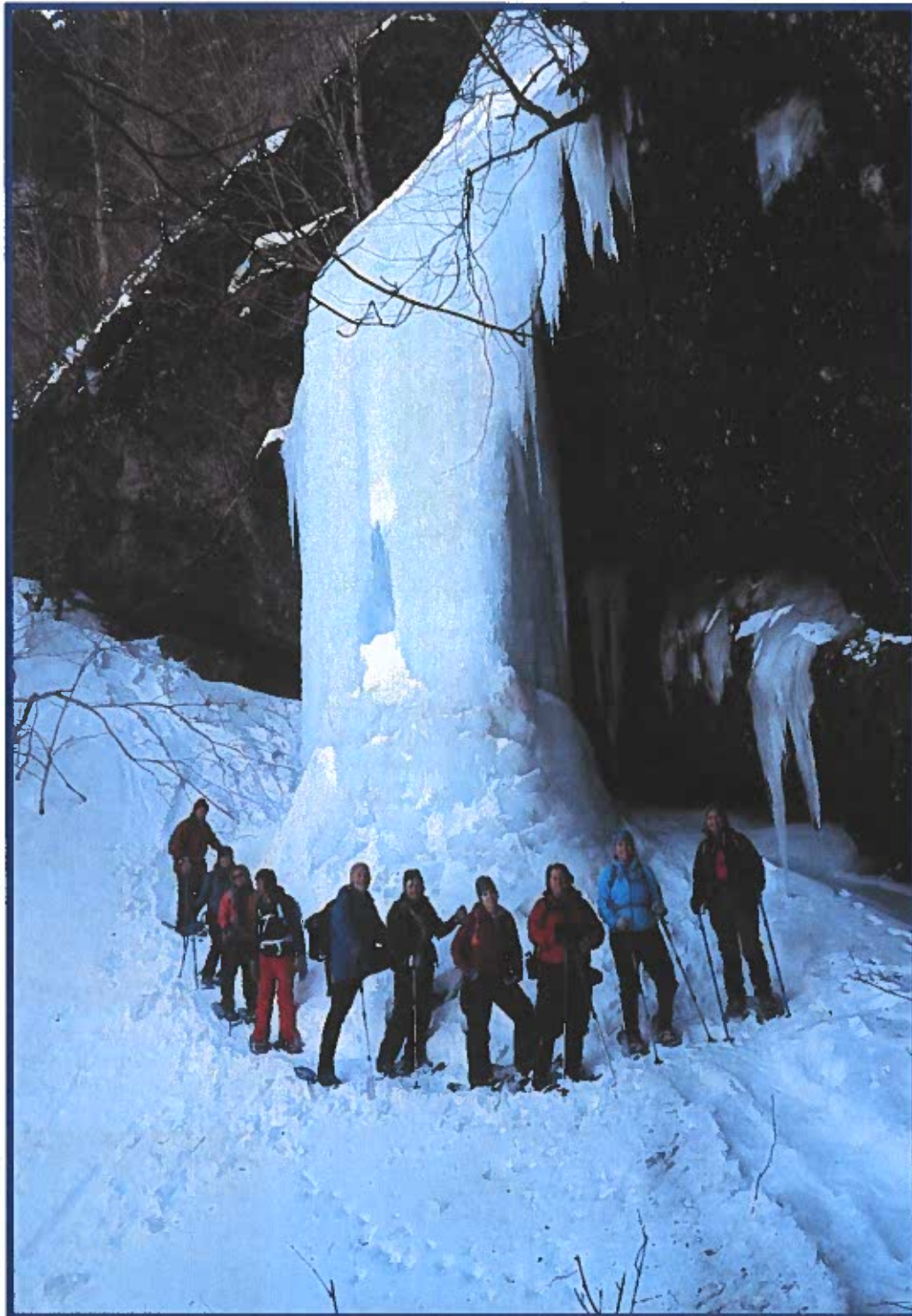




P.O. Box 691  
Saint John NB  
E2L 4B3  
[www.sjoe.ca](http://www.sjoe.ca)

July, 2015

# Newsletter



*March, 2015—Snowshoe Cedar Camp*



# Editorial

Despite the trials and tribulations of the Winter from hell and the delayed onset of Spring and Summer, quite a number of events were held during the seasons. Thank you to all the leaders, without you the events would not be so successful.

Here are a few highlights:

**January** – Friars Nose - The hike to Friars Nose was a joint effort with the "Meet Up" group. As always, the views were spectacular and it was a pleasure to share it with our guests.



**February** – Snowshoe/Cross country ski from Robin Hood Lake to Ogden Lake. Sometimes the best hikes are the impromptus. This winter brought lots of snow to enjoy. The lake provided Jerry with a jump ramp and needless to say, this is how it took place.....nice try Jerry.



**March** – Cedar Camp is a short trek to a giant icicle, one of the spectacular phenomena of Kings County we try to enjoy every year.



**April** – Still enough snow to wear snowshoes as we make our way to the Musquash Barges. Great place to photograph this graveyard of World War II barges.



**May** - This hike began at the Musquash Dam that took us to Hall Lake which we were pleasantly surprised.



**June** – Rain or shine. It didn't matter to 12 hikers who made their way from the first scenic look-out on the Fundy Trail to the Interpretive Centre in the pouring rain.



# SJOE Behind the Scenes

## Fundy Wellness, Communities in Motion.

**SJOE** was invited by the local wellness council to set up a booth at the **Warm Up to Winter** event at Market Square, Saint John on Jan. 25th...For over 4 hours they offered non-stop music and dance, demonstrations, health checks, activities, free snacks and prizes - all focussed on health through movement and fun. It was a great chance for families to chat with people involved in a wide variety of interests and activities. We also made connections with other groups which might lead to some shared events in future and it boosted SJOE's profile in the community.



## SJOE Salutes Trevor, our Past President!

*Our immediate past president Trevor Fotheringham has recently received a volunteer award from the City of Saint John for his significant contributions to the development and maintenance of several trails in the city, and particularly in Rockwood Park. Trevor immediately also credited other SJOE members who have been of help, but we know he has been the driving force, leader and hardest worker in this – giving countless hours to the projects. We're glad to say he plans to carry on similar work in the future to the ongoing benefit of many.*

*The following text is the nomination by Connie Browne of the City of Saint John. The award was presented at a dinner in April. Since Trevor was hiking in England at the time, his wife, Dorothy and SJOE member, Peggy McNaughton, attended to receive the award on Trevor's behalf.*

**Congratulations, Trevor!**



Trevor is a dedicated volunteer who puts in countless hours to trail improvement projects at Rockwood Park, Little River Reservoir, and other parks in our city. I will describe his work at Rockwood, since that is the area that I am most familiar with.

We have ~50 km of trails at Rockwood Park and Trevor installed, monitors, and maintains all of our trail head signs and reassurance markers. Our reassurance markers are placed approximately every 30 m in both directions, so this adds up to thousands of signs. Installing these was a huge job, but what most people likely don't realize is the work involved to keep these signs visible. Trees that hold the signs fall down and branches grow in front, so it's a constant effort of moving markers/signs around. Trevor has a remarkable amount of energy. Last year, in addition to his work with the signs, Trevor completed two trail improvement projects on Owen Lake trail to reroute the trail around two large impassable mud holes. This work involved surveying the area to determine the best route, clearing fallen trees and debris from the new path, working the soil to obtain desired slopes along the path, adding small culverts and rock armor to prevent water erosion, and moving woody debris and fallen trees to create natural visual barriers to guide trail users to the new route and prevent use of the old route. These reroutes covered 150 m of trail, so this was a significant task!

When Trevor isn't working on trail improvement projects, you can often find him out hiking the trails. Trevor has been instrumental for helping us locate and remove flagging tape and other debris left behind by other groups. Trevor is a kind-hearted individual and very willing to share his knowledge and experience with others. Trevor leads numerous guided hikes each year to teach new hikers how to get started at this great activity.





# A Note from the President



Having only been an SJOE hiking member for about 3 years – and enjoying every single event I participate in – I thought I’d “give back” a little by offering as the club President when Trevor asked. Little did I realize how much effort our Past President had put in and which will be a challenge to maintain at the same level!

So, my first newsletter remarks are to offer a very hearty thank you to Trevor for all of his leadership, as well as a heartfelt acknowledgment of the several other SJOE board members and volunteers who faithfully do so much “behind the scenes” to help us all enjoy outdoor activities. We are so fortunate to have their time and talents toward our memberships, finances, newsletters, meetings, mailings and activities.

The “new” board held its first meeting in March when we planned the quarterly events schedule as well as confirmed some goals for the next year.

Since we are generally pleased with what SJOE is doing we don’t feel the need to make many changes so we will continue to promote outdoor activities, the newsletter, e-mails and a few social events. We would like to explore a few new ways to promote the club so that anyone who

may be interested in group outdoor activities can reach us. We also hope to:

- update and enhance our web site
- produce a new promotional tool to replace the brochures
- participate in some “wellness promotion” events
- review the constitution and by laws

We also see the value in maintaining our partnerships with stakeholders such as the Fredericton and Moncton Outdoor clubs plus other cycling and paddling groups – just to highlight a few. Some SJOE volunteers have also added several week day and more moderate events for members who may prefer them, but we will continue to focus energies on our core weekend events for which we’ve become well-known.

When you receive an impromptu or other, event notice we hope you will join and also that you will “spread the word”. Even more important – why not lead one yourself?

We can help if you have an idea so give it a thought this year. Everything from trying your first paddle lesson to getting on a barge for a Fundy beach clean-up, or helping with trail maintenance is a possibility – or simply enjoy one of the many hike, cycle or paddle events SJOE offers.

Every chance you get to create a memorable outdoor adventure is worth pursuing!

*Adventurously yours,  
Becky Bourdage  
President*



# Paddling in Canada

Canada has the largest surface of freshwater of any country in the world, with an estimated 32,000 lakes larger than three square kilometres and an unknown number of rivers.

The choices of waterways for the novice, intermediate or expert canoeist are numerous. Here are some suggestions as we prepare to get out and enjoy the water this summer.

## **Terra Nova National Park, Newfoundland & Labrador.**

Newfoundland's first national park offers canoeists a choice of 200 kilometres of breathtaking coastlines, and numerous salmon-filled rivers, lakes and ponds. With stunning boreal forest and abundant wildlife opportunities, [Terra Nova National Park](#) is a hit for nature seekers. Depending on the time of year, paddlers can expect to see icebergs, whales, eagles, moose and black bear, all within easy access.



## **Route bleue de la Gaspésie, Quebec.**

With a number of stunning parks and rivers in Quebec, picking just one spot in the province is tough but the rugged beauty, quaint character and easy accessibility of Gaspésie region makes it a top spot. Suitable for beginners, intermediates and experts, the [Route bleue de la Gaspésie](#) boasts the largest navigable network in [Quebec](#) with 700 kilometres of shoreline and a circuit to suit every ability. Paddlers can expect to see sea mammals, bird life and a striking urban skyline.

## **Quetico's Hunters Island, Ontario.**

[Quetico Provincial Park](#) in northwest [Ontario](#) lays claim to more than 600 lakes and 2,000 wilderness campsites. The 10-day Hunter's Island loop is the top choice in Ontario for Kevin Callan, [Paddle Canada](#)'s resident canoeing expert. "This is an ultimate trip that should be done by all canoe enthusiasts," says Callan. Canoeists must have a permit and reservation to paddle and camp in the in the park.

## **French River, Ontario.**

Paddle Canada also recommends French River in Ontario as one of the best family canoeing spots. Stretching 105 kilometres, the river runs from Lake Nipissing to Georgian Bay and is a haven for fishing, canoeing, [birdwatching](#) and photography. The river has a rich history and was a prime waterway for [First Nations](#), French explorers and missionaries. "The French River involves countless route possibilities and you feel a true sense of history while paddling the routes of the voyageurs," says Callan.

## **Bloodvein River, Manitoba**

Classified as part of the [Canadian Heritage Rivers System](#) to preserve its unspoiled, natural rugged beauty, Bloodvein River is a white-water river that flows 200 kilometres from the Manitoba/Ontario boundary, through the [Atikaki Provincial Wilderness Park](#) to Lake Winnipeg. This river is certainly not for beginners as Corinna Kuhnert, co-owner of Timberwolf Tours, confirms. "Many of our experienced paddling guides have raved about Bloodvein — wilderness, rapids and fun canoeing."

## **Clearwater River, Saskatchewan**

Clearwater River is becoming a popular spot for paddlers looking for spectacular scenery, waterfalls, challenging rapids and historic significance. Designated a Canadian Heritage River in 1986, Clearwater River played a major role in the development of the western fur trade as pioneers followed the Methye Portage across the continental divide to the only westward-flowing river between Winnipeg and the [Rocky Mountains](#).

## **Red Deer River: Red Deer to Drumheller, Alberta**

Rated as a novice paddle, the trip from Red Deer to Drumheller is perfect for families and is guaranteed to be a jaw-dropping experience. The four-day trip follows the river south through farms, ranches, early settlements and the stunning Canadian Badlands, home of more paleontologically significant locations than most places on earth. Paleontologists have been paddling the Red Deer River through the historic Badlands since before the [Great Canadian Dinosaur Rush](#) in 1909.

## **Athabasca River: Jasper National Park to Whitecourt, Alberta**

The Athabasca River water source comes from the Columbia Glacier in [Jasper National Park](#) and gained its name from the Woods Cree word *aḁapaskāw* meaning "(where) there are plants one after another." The river was a popular hunting spot for First Nations tribes prior to European settlement and was designated a Canadian Heritage River in 1989, for its role in the fur trade and the opening up of the Canadian West. The Athabasca is considered an intermediate trip as constant river "reading" is required. [Timberwolf Tours](#) offers guided tours on this route.



*Continued on next page...*



**Nahanni River, Yukon**

With 70 known rivers it's no surprise that Tourism Yukon describe the territory as "a paddler's smorgasbord." With some of the best wilderness scenery in Canada, there could easily be a top 10 in the Yukon alone. The Nahanni River is Corinna Kuhnert's top pick, "scenic, scenic, scenic, scenic ... and not for beginners!" The [Nahanni National Park](#) is famous for the Naha Dehe (the South Nahanni River), which in 1978 was declared the first World Heritage Site by the United Nations. This stunning white-water river takes paddlers through mountainous valleys, rapids, waterfalls and fascinating geological features. One Nahanni enthusiast was Pierre Trudeau who paddled the river in 1970. It is highly recommended that only very experienced canoeists attempt this trip.

**Bowron Lake Canoe Circuit, British Columbia**

Known worldwide, the Bowron Lake Circuit in British Columbia attracts paddlers from all across North America and Europe. Located in the [Bowron Lake Provincial Park](#), in the Caribou Mountains, the circuit consists of a chain of nine lakes stretching over 116 kilometres and seven portages. The park, an hour northeast of Vancouver, has a diverse range of pristine wilderness scenery, making it one of the most popular canoe destinations in the world.

*Personal Activity Challenge badges are still available. Go to the [www.sjoe.ca](http://www.sjoe.ca) to print off a copy of the Activity Log.*



**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.**



*Hope you enjoyed this issue.  
See you on the trails or the  
water over the Summer*

*Your Newsletter Team -*

*Glenise and June!*