

OUT THERE !

Newsletter—January 2018



"...Nature becomes your teacher, and from her you will learn what is beautiful and who you are and what is your special quest in life and whither you should go... You live on manna vouchsafed to you daily, miraculously. You stretch out arms for hidden gifts, you yearn toward the moonbeams and the stars, you listen with new ears to bird's songs and the murmurs of trees and streams....

From day to day you keep your log, your day-book of the soul, and you may think at first that it is a mere record of travel and of facts; but something else will be entering into it, poetry, the new poetry of your life, and it will be evident to a seeing eye that you are gradually becoming an artist in life, you are learning the gentle art of tramping, and it is giving you an artist's joy in creation."

— [Stephen Graham](#), [The Gentle Art of Tramping](#)



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EDITORIAL

June and I hope you like the “new and fresh design” of the SJOE newsletter. As always, we appreciate any feedback. Here is a recap of events held over the past six months. You will also find in the following pages articles and stories from members who have traveled overseas as well those who have participated in the Canada 150th celebration events.

Glenise



Locations:

Kouchibouguac weekend - July

Summer social Browns' Flat - August

Five Fathom Hole beach cleanup - September

Foster Brook - Marven Lake - Bennett Brook - October

Fredericton bike trails - November

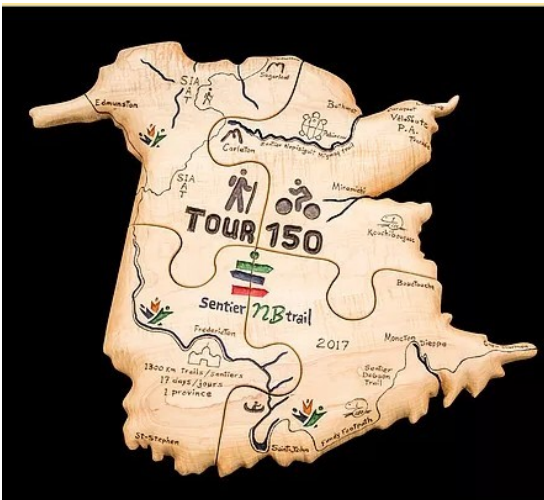
Fundy Trail - December

Canada 150

Around the Province in 17 days

On August 10, 2017 a hand-crafted wooden map of the Province of New Brunswick was split into four pieces. Each one was delivered to the four corners of the map - Edmundston, Cape Jourimain, St. Stephen, and the Acadian Peninsula. From there they would be carried by relay teams along the Province's trails and the St. John River to be reunited at Government House in Fredericton.

Members of Saint John Outdoor Enthusiasts were asked to transport two pieces from Grand Bay-Westfield to Evandale by bicycle, where they would be given to Canoe NB to go up the Saint John river to Oromocto.



The puzzle pieces from Cap Jourimain and St. Stephen were reunited at Brundage point, Grand Bay-Westfield on August 22nd. A ceremony was held with the mayor of Grand Bay-Westfield and SJOE's President, Becky Bourdage, to pass on two pieces to cycling members of the club. In the early hours of August 23rd, in foggy and drizzly conditions, seven SJOE cyclists pedaled from Grand Bay-Westfield to Evandale Wharf to meet up with Gig Kierstead of Elmhurst Outdoors. The pieces were then carried up river by canoe to Fredericton.

Appreciation goes to Gail, Gerry, Linda, Stewart, Ray and Michele for accompanying me on this very special event where 300+ volunteers and participants walked, hiked, biked, paddled and marched more than 1,300 kilometers of trail to relay the four pieces to the finish line. The puzzle is now on display at the Government House in Fredericton.

Francine Losier



Canada 150

St. John River/Wolastoq Brigade - July 15-22, 2017

As part of the Canada 150 celebrations for 2017, several SJOE members were fortunate enough to participate in a wondrous journey by canoe down the St. John River in July. This event was over two years in the making. Our team, led by the intrepid Chris Kennedy and members of Fundy Paddlers Club, rose to the challenge. Can we endure 7 days of paddling? Can our backsides become oblivious to the pain of 6-8 hours paddling per day? Will the weather cooperate? None of us knew the answers to these questions but our enthusiasm for this adventure, maybe once in a life time, said that we were ready to find out.



To step back into history a bit, the St. John River or Wolastoq, as it is known by the Maliseet, has been the life blood of native and colonial commerce for centuries. Prior to the advent of mechanized sailing vessels, the humble canoe was the primary way of transporting families and trade goods into and out of the interior of New Brunswick, as well as neighboring Provinces and States.

To say that we were a little overwhelmed by a 270 km journey by water would have been an understatement. But hey, we were in good company. Ten other canoes showed up to help us make this magical journey. They came from all across Canada and some from the American States. Many were seasoned veterans of this type of adventure with many brigades under their

belts. Our apprehension lessened immensely.

Our band of merry paddlers and support crews totaled approximately 120 people. Yes, you could hear us coming for miles as the river songs sprung up spontaneously from several boats.

Our day usually started about 6:00 a.m. just enough time to eat, decamp and be ready to dip paddles by 7:30-8:00. We would disembark and the support crew would then pack up our kitchen shelter, load all our gear and drive to our predetermined lunch location. To say that our support crew was the gold standard of support crews would not have been bragging. Many of the other canoeists looked on with some degree of envy as our support crew laid out sumptuous lunches for us. After our short break, back to the water with still 15-20 km to go. Most days we were off the water by 4-5:00 p.m. giving us enough time to set up our tents, have a swim then be treated to community meals. This was our general routine for most days, although the farther down the river we came, the higher the temperatures got, so we found ourselves doing a lot of swimming at every opportunity to cool off.



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Canada 150

Although each of our stops along the river was greeted by many onlookers, two stops stand out prominently. At Fredericton we were met by the Lt Gov. Jocelyne Roy-Vienneau and invited to use the Government House grounds to set up our tents. The next morning was tough though. We were up at 4:30 a.m. as our journey for that day was 60 km, so we needed an early start.

At Burton, we were welcomed ashore by Imelda Perley, an Elder of the Tobique, St Mary's and Houlton, Maine Maliseet bands. This was a somber affair as each person stepping ashore was individually blessed by Perley, while native singers sang in the background.

On July 22 our journey ended when we navigated the St. John river paddling through the Reversing Falls and onward to Market slip.

A journey of 270 km with no rain, no high winds to fight and very few blisters. How did that happen? Was it easy? Heck no, but the satisfaction of knowing that we did it will feed our memories for years.

Jerry and Lynda Martin



Adventures beyond the Club

Three Weeks in These Boots



Look out Scotland, here we come! Trevor, Marilyn, Peggy, Lisa, Ruth, Donnie, Bill and June embark on the red eye to Glasgow, Scotland. Upon their arrival, they make their way to Milngavie where the first of two hikes begin.....three weeks in these boots.

Our first hike on the West Highland Way begins in Milngavie, travelling 96 miles and eight days and ends in Fort William.

To make our journey more interesting, each of us received a personal challenge to accomplish during the next three weeks. Marilyn spent the entire time in search of a Scottish piper dressed in full kilt attire, while Bill was tricked into taking a swim in Loch Ness and to be reported as a North American Sasquatch sighting. Thanks to Peggy's challenge, we all sampled haggis, neeps & tatties. I would tell you about Lisa's challenge, but I would rather talk about the day we lost Lisa. We began day 5 from Tyndrum on our way to Inveroran. The hike that day was short. That gave us the luxury of spending some time in Tyndrum to shop at the Green Welly Stop before we began to hike. Lisa went into the filling station (gas stop) store while the rest of us found our way to the adjacent Tourist, Gifts and Supplies store in the main building of the establishment. We spent over an hour browsing and purchasing our Mac-in-a-Sac. Once we were satisfied with our shopping spree, we gathered outside to begin the hike. We all stood outside, except for Lisa, not knowing where she could be. Suddenly, a store clerk came rushing out to tell us that he sent our Canadian Lassie on her way, informing her that we had already left which sent her in a state of panic. She rushed back to the B&B to find that we had not returned and hit the trail at an accelerated speed. Not knowing what she decided to do, the best plan was to send Ruth ahead at top speed in hopes that Lisa would soon be found. Two hours later, Ruth caught up!! This day will always be remembered as "the day we lost Lisa".



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Adventures beyond the Club



On day 8, we arrived in Fort William. This is where we allowed ourselves two days of free time. On the first day Trevor, Ruth and June chose to climb Ben Nevis, the highest peak in the UK at 1,345 m. Peggy, Lisa, Marilyn and Bill went cruising on Loch Linnhe while Donnie brushed up on culture. We all spent the following morning shopping and visiting the museum. During the afternoon, Ruth and June went for a hike to Cow Hill while Marilyn, Peggy and Lisa climbed aboard the Jacobite steam engine train (featured in the Harry Potter films) which took them to Mallaig. Their journey on the Jacobite train soon came to an end about 1/3 of the way back as it broke down. Luckily there was a newer and faster train coming through that would take them the rest of the way.

Our second journey began in Fort William spending the next seven days on the Great Glen Way. There are 79 miles of path, track, canal and loch to discover and it was in Fort Augustus where June completed her challenge having convinced Bill to go for a swim in Loch Ness and posting a picture on Facebook with a caption that there was a Sasquatch sighting.

On day six, we came across an interesting find called Abriachan eco-Campsite & Cafe. There were many signs along the trail advertising sweets and hot beverages. We stopped in to find chickens running around and a shack for shelter from the weather. Friendly owners, and the coffee hit the spot but Donnie wandered away having no interest in staying at this unique refreshment café. As we bid our good-byes, it was brought to our attention that they have compostable outdoor loos available for use and if we find the pig lounging about on the loo, to just shoo her away.

The last day took us to Inverness arriving at noon and completing the Great Glen Way. As we wandered into town for lunch, sightseeing and shopping, our ears perked up at the sound of bagpipes. Yes, bagpipes. Marilyn has found her Scottish piper dressed in full kilt attire! Having had her picture taken with the Scottish piper, she has now completed her challenge.

Our last stop before cross the pond was spent in Edinburgh as we completed three weeks in these boots.

June Hall



Adventures beyond the Club

Preparations for Cycling the Silk Road - May 6th – Oct 8th 2018



TDA Global Cycling out of Toronto inaugurated the Tour d'Afrique – Cairo to Capetown - in 2003. They now have 7 Epic Adventure Rides over 6 continents. I chose the Silk Road from Beijing to Istanbul. This is their longest tour which will be 13,000 km long, traversing 10 countries over 144 days.

First of all, I had to get approval for this adventure from my wife – Nancy and our financial planner, Bill Merrifield from National Bank Financial.

My Surly Long Haul Trucker that has already carried me across

Canada and the US; required re-lubrication of the wheel hubs, head set and replacement of the drivetrain – crankset, rear cassette, bottom bracket and chain. Halfway along the Silk Road, the chain and rear cassette will need replacing again. There are no bike shops along the way! My bike will be refitted with 700c X 38 mm tires up from 32 mm; to handle the dirt roads. Another two sets of tires will be carried by the support vehicles and I hope 8 extra tubes and a 65 piece patch kit are adequate.

It is quite a complicated process obtaining all the required visas which TDA Global are assisting with. 10 countries, all having their own currency! Is the US dollar universal? Should I buy some bitcoins? Internet, phone access may be challenging and I have no idea about Wifi access.



I already have all the camping gear and bike apparel I need, but I did need new waterproof duffel bags (50 and 100 L bags) to carry all my gear. After deciding to do the Silk Road in November; I have joined the Y and have been using their elliptical and bicycle trainers at least 5 times a week with some pickleball thrown in to break up the monotony.

The time is gradually getting short to get in shape for 144 days of cycling beginning May 6th!

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 me before end June 2018 or before end December 2018 to be included in the next issue.

Glenise

Ray Quan

Christmas Social

Another fun Christmas Potluck and social event was held again at Chateau Saint John. Delicious pot luck dishes, fun at the photo booth, games and dancing ensued.



President's Ramblings

Hello fellow outdoor enthusiasts!



A new year has arrived and as we look through this newsletter and are reminded of many past events, I am wondering: why not challenge ourselves to add even more, for 2018?

Anything from short walks to week-away adventures attract our enthusiasts, so why not each of us try to lead some events this year? We rely on a wonderful, core group of leaders who add a lot to the calendar but there is room for many more! It's easy and by now, you know we're "user-friendly" and will lend a hand if you ask.

Our adventure boundaries have been impressive this past year, with some members going on their own adventures to Scotland, Portugal and other far-flung places. Some stayed closer to home with SJOE events like hiking and cycling in Quebec and Maine...not to mention ALL over our own beautiful province which has so many great outdoor opportunities. Or, you might want to sprinkle in some social gatherings like our visits to maple sugar farms, bon fires, evening star-gazing with hot chocolate or a Tree Go... Oh, so many ideas; all we have to do is get out there!

Hope you'll join your SJOE friends at our AGM on Friday, March 23rd where we'll enjoy a pot luck meal and fit in a *little* bit of business ;-) More details to come soon.

Adventurously, yours
Becky Bourdage



I CAN'T RECALL HIS NAME, BUT, THE
BOTTOM OF THAT BOAT IS FAMILIAR.



Announcements



Don't Forget!

SJOE ANNUAL GENERAL MEETING & POT LUCK SOCIAL

Friday, March 23, 2018

**Club Room, Ruth Ross Residence
6:00 p.m. Meal / 7:00 p.m. Meeting**

***Watch for Emails with Details and
See the Jan-March Events Calendar***

**Meet up with Your Outdoor Friends
Fill Your Plate & Appetite
Do a little Business**

**Renew Your
2018 Membership!**

Yard Sale Table

**If you have any outdoor equipment
that you no longer use, a table will
be set up at the AGM for you to
swap, trade, sell or donate to other
members.**



Don't miss...

Presentation of the 2017 Scotland Hiking Adventure

Find out about the adventures experienced by this group on the West Highland Way and Great Glen Way walks.

Please join us at the Rockwood Park Interpretation Centre on Friday Feb 16th at 6:00 pm onwards



Read all about the Fundy Footpath featured in the January-February 2018 edition of Canadian Geographic. Great article with lots of amazing photos.



Hope you enjoyed this issue and its new look.
See you "Out there" ...
Your Newsletter team -

Glenise and June