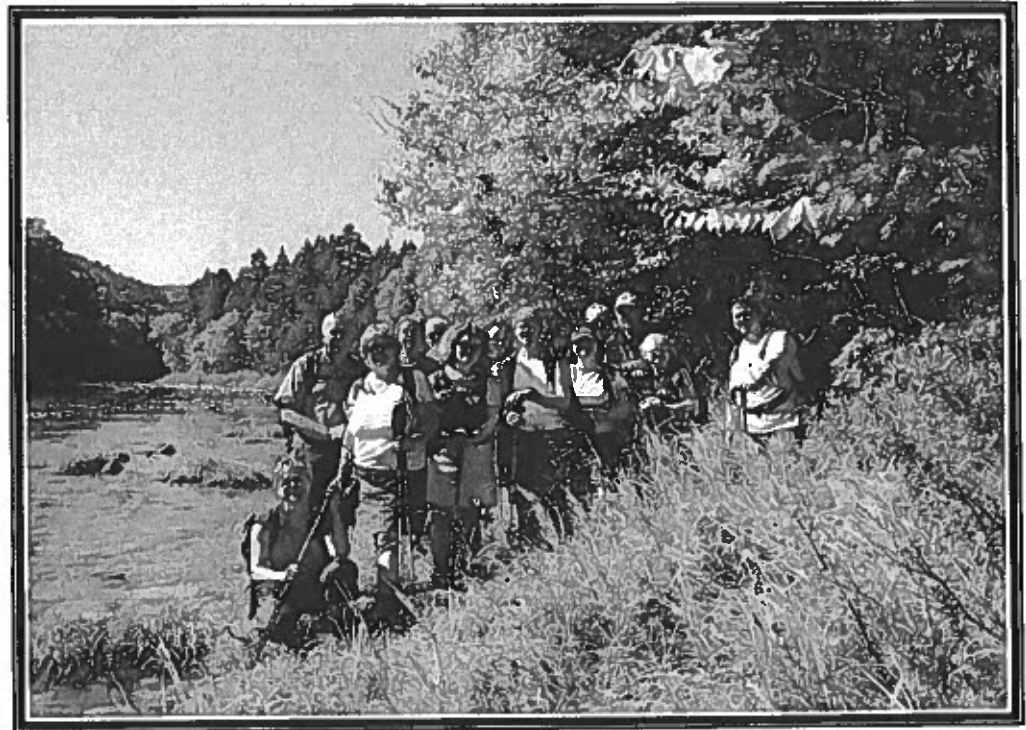


Oct-Dec, 2011

NEWSletter



Foster Brook Trail, Fundy National Park

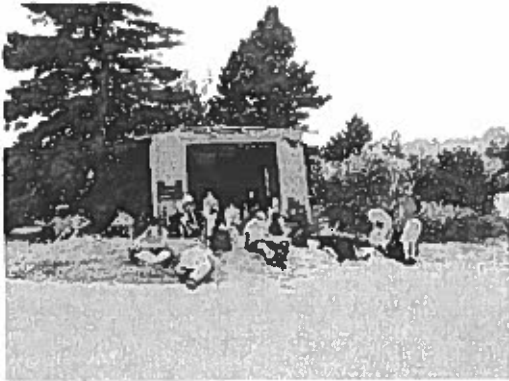
*Climb the mountains and get their good tidings,
Nature's peace will flow into you as sunshine flows into
trees. The winds will blow their own freshness into you
and the storms their energy, while cares will drop off like
autumn leaves.*

John Muir - Our National Parks (1901)

Editorial

My apologies for the delay in producing this newsletter mainly due to my computer having a meltdown last week - for some reason my keyboard and mouse refused to connect. All seems fine again for now!

Not so many activities occurred during the summer months but we still had some memorable ones just the same and a lot of fun doing them.



The most memorable hike for me was the trek to Grand Manan where it started off quite cool and foggy on the ferry but turned into an amazingly hot day which resulted in a few hikers suffering from dehydration through not carrying enough water. Never a dull moment on Trevor's hikes. On arrival at Horseshoe (?) Beach a local resident's overflowing well saved the day and we were able to replenish our empty water bottles with fresh and very cold water.



I hear that another of Trevor's hikes through the Eye of the Needle was also a memorable event—he admitted to me recently that he had severely underestimated the depth of the water going into the eye of the needle, but at least no-one drowned.

Hope you enjoy this issue. Feedback is always welcome



Again, the beauty of New Brunswick continues to astound—Judy & Rod Gillis recently led us to a few of the waterfalls on the Kingston Peninsula which are right on my doorstep—a photographer's dream!



Our wet summer has ended and as the fall colours are beginning to show themselves, we are all looking forward to some more exciting events in the coming months. Unfortunately, rain caused the cancellation of our first Fall hike in Fundy National Park although that will be rescheduled later in the month.



In this issue, I have included more information on the Cleveland Way trip in June 2013. Trevor is also leading a group camp out at Mt. Carleton over the Labour Day weekend in 2012 and I believe hiking the Fundy Footpath is also being discussed for 2012—more details on these events in the next issue.

Glenise Peck

More interesting stuff...

Stretching for hiking and mountaineering

While most of us are good at stretching at the gym or before a run, we often forget to stretch before hiking, climbing, or just as part of the daily routine. It's important to maintain a stretching program year round in order to prevent injury due to conditions you encounter outdoors like stepping on and over logs, uneven and steep ground, rocks, river crossings, boulders, and twisting and reaching in unnatural positions to find holds.

Stretching before and after a hike or climb combined with hiking poles and good boots that provide ankle support, cushion, and traction are the best ways to avoid injury.

Try these stretches designed for hikers, backpackers, and mountaineers at home and at the trailhead keeping the following tips in mind:

- Hold each stretch for a minimum of 20-30 seconds, doing 2-3 reps on each side. If a stretch feels tighter in specific areas, it is beneficial to stretch those muscles 2-3 times per day.
- Stretch to the point that you feel a good stretch, not pain.
- Make sure that your core muscles are kept tight to help maintain good posture: this ensures that you are targeting the intended muscle.
- Don't bounce with the stretch, just hold.

Avoid:

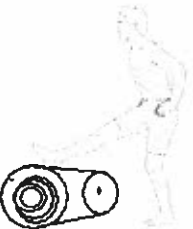
- Not stretching both sides of the body.
- Not keeping other joints straight (example bending your knee for a Hamstring stretch)
- Not keeping hips and feet pointing forward (on a Hamstring stretch)
- Arching the back because the stomach muscles are not tight (example: Hip Flexor stretch)



Gastrocnemius:
With back leg straight, move hips forward until stretch is felt.



Soleus:
Keep back leg slightly bent, with heel on floor, lean into wall until stretch is felt in calf. Use a car, tree, or truck at trailhead.



Hamstring:
Place a foot on stool, log, or car bumper, slowly lean forward and keep your back straight, until stretch is felt in back of thigh.



Piriformis:
Cross legs, with one on top of the other's knee, Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg.



Hip Flexor:
Kneeling on one knee, slowly push your pelvis down while slightly arching back until stretch is felt on front of hip.



Story Time

Bicycling Kouchibouguac



If you like to camp and bicycle but aren't into marathons, Kouchibouguac is the place for you. With large treed campsites and 60 Km. of bicycle trails, Kouchibouguac National Park is ideal.

It has taken me over 30 years to get back there with my bicycle despite the fact that it is only three hours of easy driving from Saint John.

From my South Kouchibouguac campsite, I had access to all the trails. I planned them into three loops, all of which returned down the only hill I saw in the park. There are gravel, woods and grassy trails that are do-able with a hybrid bicycle plus one mountain-bike trail. Across the river I took the trail downriver to Cote a Fabien campground. It has primitive camping, pit toilets, a water pump, and great sites near the sandy beach.

After two days of riding on dusty roads and through damp grass, my bicycle started making some loud scratchy sounds. On inspection, it proved to be just a gritty accumulation of road dust that was going to do some damage if I didn't fix it. Noting the fresh bear droppings I took out my emergency gear. I wet a J-cloth and cleaned the sprockets. I sprayed them with WD-40 and applied chain lubricant to the chain. I off-set the brakes, flossed the pads and cleaned the rim. As I headed back to camp, my bicycle was running smoothly, and I was feeling smug and self sufficient.

My trip was blessed with good weather – cool enough for bicycling and no rain. Each day I spent three hours bicycling. After supper I sat by my campfire and played my harmonica or read. I thought: what a great place for the SJOEs to do some group camping. We could bicycle, kayak, swim or hike. There is a small motel just outside the park for people who don't like to camp and St. Louis de Kent is just a short drive away

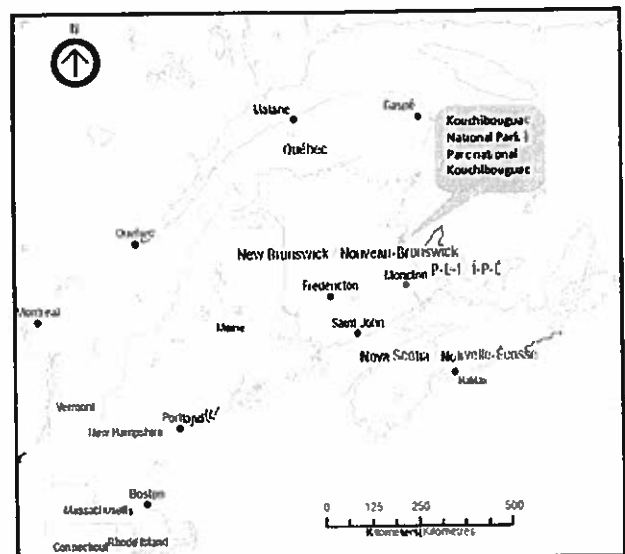
On your way to the park you can stop at Bouctouche and pedal the trail from the Dunes Interpretation Center overland into the village. The return trip took me two hours including stops to take pictures of lady slippers, blueflags and other wildflowers that are abundant in late June.

Sometimes we forget that the best places to go are right here at home.

Phyllis Hart

(Phyllis visited Kouchibouguac June 21-25/11).

The park is located on New Brunswick's central eastern shore in an area known as the Acadian Coastal Drive. It is located in Kent County, a one-hour drive north of Moncton, or a four-hour drive from the Quebec border, or a four-hour drive northeast of Maine.



Activities

History of the Kayak

The kayak was first created by the Inuit, an arctic people. Their first kayaks were made from wooden frames covered in sealskin. They included a small hole in the middle craft for the user to sit in and were primarily used for hunting. These early kayaks varied greatly in design from region to region.

The materials that have been used to make a kayak have changed significantly with the years. Many early kayaks used wooden frames covered in skin for their materials. However, with the ship's adoption by European settlers, they were covered in fabric. This method continued until the 1950's when fiberglass was introduced, and then in 1984, the first plastic kayak was made. At present, kayaks are sturdy, light, and very versatile.

The modern interest in canoeing and kayaking as a recreation and sport was brought about by John MacGregor, who designed the Rob Roy in 1845, a canoe he based off sketches of Inuit canoes and kayaks. MacGregor later formed the Canoe Club in 1866 with other canoe and kayak enthusiasts, and they brought about competitive canoeing with their first regatta in 1873. Kayaking became a part of the Olympics in 1936, with the introduction of four events, the single and pairs 1,000 meter and 10,000 meter race. Later, the white-water race and slalom events were added to the Olympics also.

1000-1900 – The first kayaks were fashioned out of driftwood and animal skins by the natives of the arctic regions of Asia, North America, and Greenland. These long, narrow, covered boats were ideally suited for hunting seals and walrus across the frigid arctic waters. In fact, the name kayak means "hunter's boat." Over time, the Inuits, Aleuts, and other natives modified the kayaks for the area of the arctic that they lived in. Lashed together with animal sinews, these early boats used seal bladders filled with air to make them buoyant and nearly unsinkable. These native hunters would fill the boats with enough supplies for extended hunting expeditions across the inhospitable arctic environment. Eventually, word of these amazing covered canoes reached the citizens of Europe. Before long people in France and Germany began boating down rivers in kayaks for sport. These countries are filled with mountain ranges, and the rivers that plunge out of the rocky slopes offer challenging rapids.

1905 – A German student borrows an Inuit design to build a collapsible kayak. A tailor named Hans Klepper soon buys the patent from him and launches a business selling these kayaks, which he refers to as "foldboats." The advantage of this design is that boaters can carry these wood and canvas boats in canvas bags and then assemble them quickly on the shore of a river. These were the ancestors of the modern folding kayaks of today.

1931 – A Viennese kayaker by the name of Adolf Anderle is the first person to successfully negotiate the Salzachfen Gorge on the Salzach River. His successful run of this dangerous river raised whitewater standards in Europe and elsewhere. A short time later, kayaking organizations developed the International Scale of River Difficulty, a standard that is still in use today to classify the difficulty of river rapids.

1936 – In time, the Europeans fell in love with these new covered boats, all but abandoning the large, open boats that they'd previously used for river navigation. Kayaking clubs began to spring up in Germany and France. Whitewater competitions followed shortly thereafter. In 1936, "flatwater" racing became an Olympic sport in the Summer Games in Berlin, Germany (the very same Olympics in which Jessie Owens made a mockery of Hitler's "Master Race" theory).

1928 – True story: on August 1 of this year, Captain Fran Romer is discovered asleep in his kayak in the harbor at St. Thomas in the Virgin Islands. So what's the big deal, you ask? Well it seems that Captain Romer had just sailed and paddled his kayak almost 4000 miles, all the way from Lisbon, Portugal. And he survived not one but two hurricanes along the way!



1938 – Genevieve De Colmont becomes the first woman to pilot a kayak through the rapids of the Colorado and Green Rivers. Along with her husband Bernard and a friend, Genevieve proved that kayaks were far better suited to running wild water than the heavy wooden boats favored by outdoorsmen and explorers at the time.

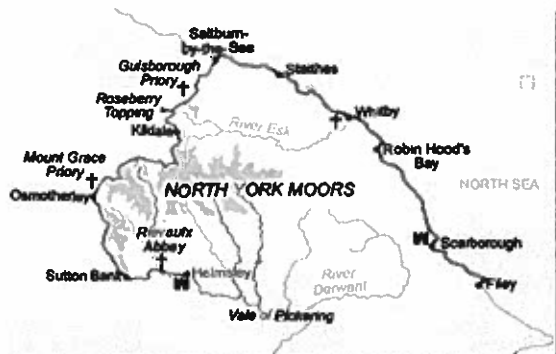
1975 – Three men: Tom McEwan, Wick Walker, and Dan Schnurenburger kayak the Great Falls of the Potomac River. This was a stretch of wild water that had been feared and avoided by boaters for centuries. In the years following their historic run, all three paddlers have refused to reveal who was the first man over the Spout, the deadliest drop in the churning Great Falls rapids.

1977 – Three more kayakers make history this year. Jim Snyder, Mike Fentress, and Phil Coleman become the first paddlers to successfully negotiate the notorious Quarry Run, a tributary of the Cheat River in West Virginia. After one especially brutal drop, Coleman nearly died when his slalom kayak became lodged in the river's gravel bottom. Today, paddlers who descend Quarry Run use inflatable boats that won't spear the river bottom.

1994 – Another first. Kent Wiggington becomes the first paddler to tame the Class VI rapids of the Tallulah River in northern Georgia. Wiggington's successful run helped to publicize a government decision to provide more recreational opportunities on the river by releasing water from an upriver dam.

Miscellaneous

Hiking the Cleveland Way – June, 2013 with Trevor Fotheringham



The Cleveland Way is a horseshoe-shaped route around the edge of the North York Moors National Park. Beginning in the old market town of Helmsley, the trail follows the western escarpment of the North York Moors to meet the coast at Saltburn-by-the-Sea, and then takes in the whole of the North Yorkshire and Cleveland Heritage Coast to finish at the Victorian seaside town of Filey.

The first half of the Cleveland Way through the North York Moors from Helmsley to Saltburn-by-the-Sea passes through woodland, lush green dales and spectacular heather moorland. Around every corner lies something of interest; a ruined castle, an ancient abbey, the White Horse of Kilburn, an old drove 'road', a priory, ancient stone markers and crosses, rocky escarpments with far-reaching views, traces of alum, jet and ironstone mining, prehistoric burial mounds, or a grouse flying across the path.

The second half of the Cleveland Way from Saltburn-by-the-Sea to Filey, follows a rugged coast of high cliffs, wide sandy bays and wooded 'wykes'. Picturesque fishing villages with steep, winding streets and tightly packed cottages; the old whaling port of Whitby, with its imposing abbey, Captain Cook Museum and St Mary's Church whose interior was altered in 1612 to resemble the lower deck of a wooden sailing ship, add to the charm of this delightful walk.

Extra nights/Rest days

The charming village of Osmotherley, with its neat stone cottages huddled around its green, ancient market cross and stone table where John Wesley preached during one of his sermon tours is a popular choice for an extra night. A lovely short walk from here visits the Lady Chapel and Mount Grace Priory, an attractive 14th century Carthusian monastery. Staithes is an attractive little fishing village with an interesting exhibition on Captain Cook. Another popular choice is the historic seaport of Whitby, which boasts an attractive harbour, atmospheric ruined abbey, Captain Cook Museum, Lifeboat Museum, Whitby Museum and St Mary's Church. The interior of this intriguing church was altered in 1612 to resemble the lower deck of a wooden sailing ship. Robin Hood's Bay, with its narrow streets and red-roofed cottages staggering down the cliff-edge to the sea is another good choice.

Estimated Cost

Contours Tours 11 night	£635	\$1022
Canadian Affair Return Flight		\$ 850
Train and bus fares		\$ 300
2 extra nights accommodation	£120	\$ 190
Total		\$2362
Plus food, drinks, etc.		

Independent Trails: Fact File.CLEVW3 North York Moors and Heritage Coast - Cleveland Way

Trail Facts

Total distance: 110 miles (176km)
Duration: 11 nights, 10 days walking
Minimum/maximum daily distances: 7 miles (11km)/14¼ miles (23km)

Waymarking: The trail is waymarked with National Trail acorn symbols and is very easy to follow.

Season: March to October

Starting point of holiday: Helmsley **End of holiday:** Filey

Suggested Itinerary For SJOE Trip to Cleveland Way

Day 1: Thursday Drive to Halifax Airport. Then overnight flight to Gatwick Airport

Day 2: Friday Train from Gatwick Airport to York.

Day 3: Saturday Sightseeing in York then travel to Helmsley late afternoon.

Day 4: Sunday Helmsley to Sutton Bank. 10 miles (16km)

Day 5: Monday Sutton Bank to Osmotherley. 11½ miles (18.5km).

Day 6: Tuesday Osmotherley to Clay Bank Top. 11 miles (17.5km).

Day 7: Wednesday Clay Bank Top to Roseberry Topping. 13½ miles (21.5km).

Day 8: Thursday Roseberry Topping to Saltburn-by-the-Sea. 10½ miles (17km).

Day 9: Friday Saltburn-by-the-Sea to Staithes. 8¾ miles (14km).

Day 10: Saturday Staithes to Whitby. 11½ miles (18.5km).

Day 11: Sunday Whitby to Robin Hood's Bay. 7 miles (11km)

Day 12: Monday Robin Hood's Bay to Scarborough. 14¼ miles (23km).

Day 13: Tuesday Scarborough to Filey. 12 miles (19km) then take bus back to Scarborough

Day 14: Wednesday Train from Scarborough to York with afternoon sightseeing in the historic in this historic walled city.

Day 15: Thursday Very early morning train from York to Gatwick Airport then flight to Halifax

What's included?

- 11 nights accommodation in en-suite rooms with private bathrooms (where available) in selected hotels, inns, guest-houses and farmhouse B&B's.
- Breakfast each day.
- Door to door luggage transfer along the trail.
- A set of maps with the route marked on and a guidebook describing the trail.
- An information pack containing an itinerary, detailed instructions on how to find your accommodation each night, town plans, information about facilities and places of interest along the trail and a kit list.
- Detailed travel instructions on how to get to the start of your holiday and back from the end of it.
- Emergency assistance

Useful Information

Full Moon Dates

Month/Year	2011	2012	2013	2014	2015
January	Jan 19, 5:22 P.M.	Jan 9, 3:32 A.M.	Jan 27, 12:40 A.M.	Jan 16, 12:53 A.M.	Jan 5, 12:54 A.M.
February	Feb 18, 4:36 A.M.	Feb 7, 5:56 P.M.	Feb 25, 4:28 P.M.	Feb 14, 7:54 P.M.	Feb 3, 7:10 P.M.
March	Mar 19, 3:10 P.M.	Mar 8, 5:41 A.M.	Mar 27, 6:30 A.M.	Mar 16, 2:10 P.M.	Mar 5, 2:06 P.M.
April	Apr 17, 11:44 P.M.	Apr 6, 4:20 P.M.	Apr 25, 4:59 P.M.	Apr 15, 4:45 A.M.	Apr 4, 9:07 A.M.
May	May 17, 8:08 A.M.	May 6, 12:36 A.M.	May 25, 1:27 A.M.	May 14, 4:18 P.M.	May 4, 12:44 A.M.
June	Jun 15, 5:13 P.M.	Jun 4, 8:11 A.M.	Jun 23, 8:33 A.M.	Jun 13, 1:13 A.M.	Jun 2, 1:21 P.M.
July	Jul 15, 3:39 A.M.	Jul 3, 3:51 P.M.	Jul 22, 3:16 P.M.	Jul 12, 8:26 A.M.	Jul 1, 11:22 P.M. Jul 31, 7:45 A.M.
August	Aug 13, 3:57 P.M.	Aug 2, 12:27 A.M. Aug 31, 10:57 A.M.	Aug 20, 10:45 P.M.	Aug 10, 3:10 P.M.	Aug 29, 3:37 P.M.
September	Sep 12, 6:27 A.M.	Sep 30, 12:18 A.M.	Sep 19, 8:12 A.M.	Sep 8, 10:38 P.M.	Sep 27, 11:52 P.M.
October	Oct 11, 11:07 P.M.	Oct 29, 4:50 P.M.	Oct 18, 8:37 P.M.	Oct 8, 7:50 A.M.	Oct 27, 9:05 A.M.
November	Nov 10, 4:18 P.M.	Nov 28, 10:47 A.M.	Nov 17, 11:16 A.M.	Nov 6, 6:22 P.M.	Nov 25, 6:44 P.M.
December	Dec 10, 10:38 A.M.	Dec 28, 6:22 A.M.	Dec 17, 5:29 A.M.	Dec 6, 8:27 A.M.	Dec 25, 7:11 A.M.

Hunting

Deer

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Bow Oct 3-19

Firearms Oct 24-Nov 19



Labour Day Weekend—2012

SJOE group campout and hiking Mt. Carleton, Mt. Bailey and Mt. Sagamook trails—Trevor Fotheringham will be leading these hikes. Be warned—these will be typical “Trevor Hikes” and certainly not for the faint-hearted! More details in coming issues.