

TORONTO



Outdoor Club

2013 Summer Newsletter

Editor's Note:

Welcome to the Summer edition of the TOC Newsletter. It's been a very different Summer thus far from 2012 with all the rain and only a few hot & humid days so far.

With this edition, we're putting the "call out". We really need your help to build on what we've put together here. The Newsletter is looking for some content to come from members. Submit yours to: newsletter@torontooutdoorclub.com.

Suggestions, recipes (for camping & back country trips), articles or anything else you feel is suitable would be welcome. Obviously we can't guarantee everything we see will be published, but we'll try. Due to potential copyright issues, only photos taken by the editor can be published in the Newsletter.



A red fox kept a wary eye on us

TOC Forum

Since its inception the TOC has had a Forum to enable members to discuss issues of the day, gear, classifieds, make suggestions about events they'd like to see, or improvements to our website or the club in general.

Over the years the forum became cluttered and fell into disuse. It was hosted and administrated by a third party and was cumbersome to moderate.

With this in mind the current club Executive has decided to migrate to a new platform that can be hosted on the TOC website directly. If you are a member, you already have an account on this forum. To access the forum you need only go to www.torontooutdoorclub.com/forum and login with the same credentials as you possess on the main TOC site. (Don't be shy about clicking the "remember me" checkbox)

Feel free to browse or post as you will, and email forum@torontooutdoorclub.com if you have any suggestions or issues with the new Forum.

Our forum has a few rules we'd like everyone to observe while utilizing it, which you can read all about in the Guest area before you login.

A Note From Stephanie (TOC Founder)
regarding a New Sister Club in Toronto:

As Erik mentioned in the Spring 2013 Newsletter I left the TOC to start a family. Madeline is now 5 years old and a seasoned outdoor preschooler. She loves to camp, bike and she's even got her own special canoe paddle.

It's true that kids change the dynamic of any activity. Level 5 hikes, multi-day backpacking trips and other extreme sports are out of the question. But there is lots to enjoy with kids – experiencing nature with a first timer gives a whole new perspective on the outdoors.

Many families would love to be outdoors with their children but don't know where to go, what to pack or how to plan a simple hike. Families would like the opportunity to meet other families who are interested in experiencing the outdoors. We all know how important it is to introduce kids to healthy physical activity but any parent will tell you that organized sports are expensive, a huge time commitment and offers little for parents. (Drive them and watch)

With all these factors plus my background it was natural for me to start a new initiative. I am extremely excited to introduce “**Toronto Outdoor Families**”. An organization for families to get outside and enjoy life as a family, based on the same principles as the TOC.

The website will be designed by Rhonda Scheurer of Andwa Consulting, founder of the Calgary Outdoor Club and the Calgary Culture Club. It will have the same look and feel, and interactivity that works so well for the TOC and the other outdoor clubs.

This is not a babysitting club or even a parents group. It's about families who like the outdoors spending time with other families who share the same interests.

How will the TOF work? Just like the TOC, volunteers will post activities that follow certain guidelines – active and outdoor first and foremost – that will be designed so that kids AND adults can both enjoy the event. It may be focused on age of kids – so we could have a stroller hike for the babies, or a mini hike for the 7-12 yr olds. But this isn't a kids only event – the adults have to have as much enjoyment. Obviously enjoying time with kids and families is a requirement!

Who can sign up? This is for families, but the definition of family is pretty wide. Outside of the obvious parent and child there can be other eligible members. Do you have a favourite niece or nephew that you like to do things with? Do you want to spend some quality outdoor time with your best friend and their kids? As long as you have a relationship with a child going on the event, even if you are not part of their immediate family you can sign up.

Can I be members of both clubs? Absolutely! Sometimes you'll want to do stuff with the kids and sometimes you'll just want to be with adults.

I love kids! Can I just come on my own and hang out? Unfortunately due to safety concerns we can only have kids, their family and friends of the family.

When will Toronto Outdoor Families get started? Things are underway as you read this. We hope to get the website out with the first event by the end of the summer. As it is, I'm looking for volunteers and interested members to help with the planning and start up.

Visit us at torontooutdoorfamilies.ca, or if you have questions, concerns or suggestions please feel free to contact me at: steph@torontooutdoorclub.com.
Looking forward to hearing from you and your families!!

Outdoor Tips

Hiking

- Bring comfortable footwear appropriate for the hike you're going on (volunteer will often specify).
- Don't break-in new footwear on a hike!
- Sufficient Water and snacks/food to get you comfortably from start to finish are key to your (and others around you) enjoyment.
- Wearing appropriate clothing for the conditions is key! You don't want to be freezing or baking yourself as you march along with a group.



Wildlife

- As exhilarating as it is to get close to animals in nature there are 2 safety factors to keep in mind.
 - o Animals can be unpredictable and the slightest thing (movement, sight, smell or sound) could cause them to flee or charge.
 - Triggering animals to flee can cause unnecessary injury and distress to them.
 - If they instead charge it could be you who winds up on the wrong side of antlers, teeth, a good "head butt" or trampling.
 - o The more used to humans animals become the more it compromises both their safety and yours. Please keep a respectful distance and DO NOT feed them.

Adventure

Any outdoor adventure should begin with:

1. Having a plan.
2. Making sure someone has a copy of your plan and can send help if needed.
3. Have extra provisions (water/food/etc.) in case you are out longer than expected.

In the event of an emergency:
Stop, Think, Review, Plan, Act

More specifically, if you become lost:

- Remain Calm
- Assess your situation and the conditions (weather, terrain, approximate location, time of day, etc.)
- Find or build a shelter if appropriate and build a fire both for heat and to attract attention.
- Locate and assess whatever water and food options you have to supplement provisions.
- Signal/Call for help as often as you may.
- Wandering in a "stressed state" can take you further from where people might be looking for you (Search and Rescue objective), and any means of shelter and forage you may have. Assuming someone knows approximately where you are, staying put will increase your probability of rescue.

10 Essential items to take on any trip:

- Map/Compass (or GPS with good batteries)
- Food/Water (Purification tablets a bonus)
- Whistle & Flashlight for signaling (3 blasts or flashes at a time are the universal sign for distress)
- First Aid Kit (w/Mylar blanket)
- Fire Starter of some variety (and a backup)
- Knife or Multi-tool
- Sunglasses and Sunscreen
- Rope/Cordage and Duct tape

Most serious issues arise when people panic rather than taking time to properly assess their situation and develop a sensible plan of action.

Tips submitted by:

Erik Sonstenes – TOC Executive Member
Ghanesh Das – TOC Event Coordinator

Past Event – TOC 7th Annual Picnic

June 23rd on Olympic Island saw the TOC hold its annual picnic. The weather forecast was grim, but a hardy bunch members and volunteers braved the impending conditions, doubtless with visions of fine grub and good company giving them purpose.

The weather held and there was not a drop of rain until late that afternoon long after the picnic had wound down and packed up. It was a beautiful day with perfect temperatures a nice breeze and people.

Dining and socializing were the primary activities, but there was some physical play as well thanks to members bringing Frisbees, a Volleyball set and a homemade Beanbag toss kit.



As we gathered



As we ate

Facebook

Please join the TOC Facebook group:
<https://www.facebook.com/groups/2222484362/>

We post event photos and other items of interest to our members.



As we played



As we tossed

The TOC Executive

If you have any questions, concerns or complaints, we need to know! Too often when there is an issue with a member or even a volunteer, we aren't aware of it until long after it would've been ideal for us to address. Please feel free to contact a member of the Club's Executive:

Julian – Executive Committee President
julian@torontooutdoorclub.com

Erik - Treasurer
erik@torontooutdoorclub.com

Andrew - Executive Committee Secretary
info@torontooutdoorclub.com

Colin - Director-at-Large
colin@torontooutdoorclub.com

Jessie - Member Coordinator
jessie@torontooutdoorclub.com

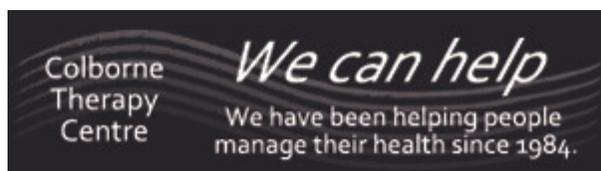
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Talus Lodge

This Rocky Mountain backcountry paradise is perched in the alpine at 2300 meter just southeast of Banff National Park. Talus Lodge welcomes you to get away from everyday life.



TorontoHotels.org

Toronto Ontario hotel reservations with a wide selection of accommodations to suit all budgets in downtown Toronto, near the airport (YYZ), and close to all the city's major visitor attractions.



YYZ Travel Group

Offering the TOC wholesale pricing on everything travel related (flights, hotels, rentals, even custom travel packages/itineraries). Email your travel needs to travel@torontooutdoorclub.com. An agent from YYZ will contact you to work out the details and provide pricing.