



# August 2007 Newsletter

## Toronto Outdoor Club

### Help lead the TOC into 2008

**Annual General Meeting: Nov. 3, 2007**

With the cooler weather fast approaching, the end of the current term for TOC executive positions is also on its way. Members who have enjoyed a summer full of great TOC events may be thinking about making more of a commitment to the club, with a rewarding and fulfilling way to become more involved in the TOC: taking on a TOC leadership position.

Additionally, the TOC Annual General Meeting is scheduled for Saturday, November 3 -- don't forget to sign up to attend on the TOC website.

#### What positions are available?

To keep the club open and democratic, *all* lead and exec roles are up for re-election, and we have openings for several team lead roles, treasurer, and for at least one vice president role.

To become a candidate, you must be nominated by another member. The nomination must include a write-up about why you are the ideal candidate for the position, to be written by the person who nominates you.

Qualifications could include: your outstanding contribution to the club, your plans for the upcoming year, etc -- use your creativity.

Full election results will be presented at the Annual General Meeting on November 3.

#### Term length

Along with fulfilling the minimum requirements of the role, if elected, you must be dedicated to the position for one full year. You must also be willing to commit at least 10 hours a week in some capacity to your role.

**Full details of each position will be available soon. In the meantime, turn to page 5 for a list of current positions and the people that currently hold them.**

*(continued on page 5)*

### Examining Our Environment

*A TOC Feature Column*

*By Jenn M*

#### Proper waste disposal

Disposing of waste properly means more than just packing out ALL your garbage, though of course you should; it refers to what people often don't consider when camping: human waste. When disposing of human waste, there are 4 main goals: 1) ensure the waste is the proper distance from water sources (about 200 feet) to stop pollution of the water source; 2) avoid having someone else find it; 3) minimize the possibility of spreading disease; and 4) maximize the rate of decomposition.

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*(Examining Our Environment, continued from page 1)*

Most TOC trips will be heading to areas where, if you are camping outside of a park or place with a kybo or box, digging a hole is the best alternative. Dig the hole an appropriate distance from water, in a quiet area. The hole should be 6-8 inches deep and 4-6 inches wide. Depending on the group size and length of time at the site, you may want to dig more than one hole to promote maximal decomposition. Use minimal toilet paper, and cover with a thin layer of soil after each usage to add in decomposition. Prior to leaving the site, the hole should be totally 'closed' in and covered.

For women – sanitary products **MUST NOT** be left, even if they are biodegradable. These must be packed out in the garbage (they are not burnable) - many people prefer to have a separate bag for this waste. Alternatively, some women choose environmentally friendly alternatives such as the Diva Cup or the Keeper.

### **Leave Things Untouched**

Leaving everything as you found it on the trail, in camp, or on the water allows others who pass through after you to enjoy these items – whether they are historical artifacts or interesting plants - the same way you did, and enjoy the thrill of 'finding' them in the same condition you did. Take pictures instead of disturbing the surroundings.

In camp, leaving things untouched means not digging trenches (especially around tent areas). Campers should refrain from building furniture or fire pits beyond the fire pit already at the camp; if there are multiple fire pits, use the official or main fire pit and dismantle the others. Good campsites should be found, not made.

*(Continued on page 5)*



*Dispose of all waste properly to ensure the safety and health of our environment*

## **A closer look: TOC Volunteer Events**

*By Cynthia*

“I never imagined that I would be wearing chest-waders,” Tania laughed. “I just didn’t see it in my fashion forecast!”

This came after several hours of standing in a stream, legs encased in rubber, working hard with other members of the TOC, the Credit Valley Conservation Authority, a Boy Scout troop, and a few other members of the general public. The goal? To shrink a stream. Well, to narrow just a part of it so water would flow faster, and therefore be cooler, and thereby be a better place for fish to spawn.

This was just one of several TOC events aimed at giving back to our community. At every event, however, TOC members seem to get a “glow” from lending a helping hand. They wear big smiles and ask repeatedly when the next such events will be offered.

Perhaps, since most of us work in an office all day, and tangible results are sometimes difficult to articulate, it’s particularly rewarding to spend a few hours and see the fruit of your labours: newly-planted trees, a sediment trap to narrow a river, or a large pile of grimy lumber pulled out of a river. Maybe it’s the teamwork and joining in a common cause that induces the volunteer “high”. Or it could be the adventure of wearing a chest-waders and walking through a stream without getting wet. No doubt there are numerous factors that have made TOC volunteering events so gratifying.

Volunteering through the TOC is the ultimate multitasking event: members spend time outdoors, getting lots of physical activity, spending time with people who share common interests, having an adventure doing something that they might not have done otherwise, and they get to make a difference in their local communities.

The arrangement of TOC members to attend events hosted by other organizations makes a lot of sense. Groups such as the Credit Valley Conservation Area or the Friends of the Don East study the area and its requirements, plan the activity, and provide the shovels, saws, gloves, chest-waders and other tools. TOC members augment the manpower required to make these plans a success.

*(continued on page 3)*



(A Closer look: TOC Volunteer Events, continued from page 2)

And how are the community organizations responding to the efforts of TOC members? In short, they are thrilled. Feedback has been emphatically positive, from “You guys are great – are you available to come back to more activity days?” to “You guys really saved the day today”. The teamwork, dedication, and hard work

shown by every participating TOC member makes this event coordinator ready to burst with pride.

Examples of past and future volunteer events include: tree planting, trail maintenance, electrofishing, and song-bird rescues. So get ready to roll up your sleeves and perhaps – if you’re really lucky – put on a set of chest waders!

Contact Cynthia at [Volunteer@torontooutdoorclub.com](mailto:Volunteer@torontooutdoorclub.com)

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**TORONTO**  
Outdoor Club

PHOTOS FROM RECENT TOC EVENTS



Eager competitors on the TOC Urban Chase



Backpack the Bruce Peninsula



Poker Night



Lazy Sunday Hike: Eldred King Woodlands





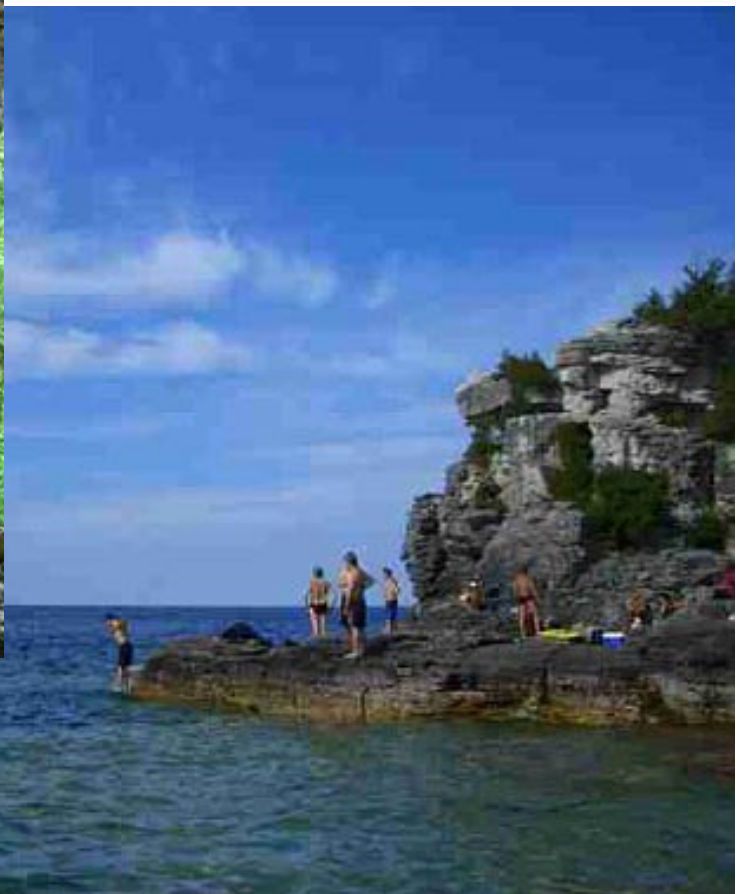
Blue Lakes and Rocky Shores Canoe Trip



Indoor rock climbing



(Above and right):  
Camping Trip: Sauble  
Beach and Bruce  
Peninsula Provincial  
Park



(Help lead the TOC into 2008 - continued from page 1)

## Current leadership roles:

**Steph:** President, Volunteer Coordinator, Founder

**Erik S:** Vice President, Treasurer

**Tania:** Team Lead: Communications aka "Info Chick"

**JennP:** Team Lead: Safety and Gear, Event Coordinator, French Liason

**Jo:** Volunteer Coordinator, Event Coordinator

**Rob M.:** Team Lead - Policy and Procedures, Event Coordinator

**Cynthia B.:** Volunteer Coordinator, Event Coordinator

**Chuck:** Team Lead - Promotions, event coordinator

**Alison:** Team Lead: Operations, Web Site Analyst

**Hanna:** Blue Lakes and Rocky Shores Enrollment Coordinator

**Rhonda from Calgary:** Web Site Developer

For more information and contact details for the TOC team leads and exec members listed above, please visit:

Visit [www.torontooutdoorclub.com/aboutus/officers.asp](http://www.torontooutdoorclub.com/aboutus/officers.asp)

## Upcoming Events

Sep 4 2007 - Learn - Yoga in the Park

Sep 4 2007 - Learn - TOC Book Club

Sep 6 2007 - Send-off for Saif (Everyone welcome)

Sep 7 2007 - Overnight - Car Camping in Algonquin Provincial Park \*2nd Weekend\*



(Examining our environment, continued from page 2)

Do not damage or alter live plants and trees - for instance, do not drive nails into trees for hanging items and clotheslines; artistic inspiration is not a good reason to carve anything into a tree; and do not cut down live trees or branches. Responsible campers will only collect dead wood from the forest floor (keeping in mind that this also impacts the ecosystem).

That's all for this column - a couple of quick notes: Check out the work LEAF Toronto (Local Enhancement and Appreciation of Forests) is doing to help promote the urban forest and trees in Toronto at [http://www.leaf-toronto.org/about\\_leaf](http://www.leaf-toronto.org/about_leaf). Todd from LEAF Toronto was kind enough to give a group of TOCers a fantastic tour of the Leslieville area. They run a multitude of events and programs, so have a look at their website.

Citizens Concerned for Michipicoten Bay continue their work to stop quarry development on Lake Superior's beautiful north shore (see the February 2007 newsletter for more information) and invite TOC members interested in this issue or in visiting Michipicoten Bay to contact them through their website, [www.ccmb.ca](http://www.ccmb.ca).

Additionally, Naturally Superior Adventures - located on Michipicoten Bay - is offering TOC members a 5% discount on trips and other offerings - for more information, go to <http://naturallysuperior.com/toc>.

Contact Jenn M at [jenn@torontooutdoorclub.com](mailto:jenn@torontooutdoorclub.com)

## Support our sponsors and partners:

### 5 Peaks Trail Running Series

[www.5peaks.com](http://www.5peaks.com)

### Alpine Rafting Company

<http://alpinerafting.com>

### Andwa Consulting

[www.andwa.com](http://www.andwa.com)

### Canoe Algonquin

[www.canoealgonquin.com](http://www.canoealgonquin.com)

### Lyon & Butler Insurance Brokers Ltd.

[www.lyonbutler.com](http://www.lyonbutler.com)

### Sheer Elegance Event Planning

[www.sheereleganceevents.com](http://www.sheereleganceevents.com)

## TOC Clubhouse: Chalkers Pub

The TOC's post-event gathering spot is Chalkers Pub ([www.chalkerspub.com](http://www.chalkerspub.com)), located at 247 Marlee Avenue (a 2-minute walk from Glencairn subway station).

It's a great place to share stories and meet new members coming back from other events. Chalkers has pool tables, a patio dining area, and a great deal: if a volunteer is with your group, the entire group gets 15% off food orders, as well as free pool.



## NEW TOC Event Safety Rating Scale

The Safety and Operations team has created the scale below to help you decide whether a particular event is of a difficulty rating suitable to your abilities. If you have any questions, please contact Jenn at [jennp@TorontoOutdoorClub.com](mailto:jennp@TorontoOutdoorClub.com)

Difficulty Level (below)		TYPE OF EVENT		
		Backpack	Canoe	Hike
Easy to moderate	1	Overnight (1) Summer 5km or less/day Easy terrain	No overnight No portage Day trip, paddle about	Urban setting Under 8Km 2km /hr pace Gentle terrain
	2	Overnight (1-2) Late spring, summer, early fall 5-8km / day Moderate terrain	Overnight (1-2 at one site) No portages	Rural setting 8-10 km 2-3km /hr pace Gentle terrain, some rolling hills or rough trail
Moderate to difficult	3	Overnight (1-3) Non-winter 8-10km / day Moderate terrain	Overnight (1-3 at one site) Few short portages (0-700m) High maintenance trails Small bodies of water	10-14 km 2.5-3.5 km/ hr Varied terrain, some challenging sections Hiking boots required
	4	Overnight (1-3) Winter / All season 10-13Km Moderate to difficult terrain (snow, hills, uneven footing)	Overnight, multiple sites (2+) Several portages (1-1500m) Low maintenance areas Uncertain water levels (varying rivers) Bogs Medium bodies of water	14-20 km 3.5-4.5km / hr varied terrain, rough trail or hills through most of trail Hiking boots required
Difficult to advanced	5	Overnight (2+) Winter /All season 13-18 km /day Moderate to difficult terrain	Overnight, multiple sites Many portages Low maintenance, Fast moving water Large bodies of water	20km + 4.5 km/ hr + Rough terrain and hilly trails Low maintenance Hiking boots required
	6	Overnight (3+) Winter / All season 18+ km / day Difficult terrain (no maintenance, river crossings)	Overnight, Multiple sites Difficult Portages No maintenance areas White water	Bushwhacking Orienteering Hiking boots required