



# Newsletter

## JUNE 2009 ISSUE

### Message from the President

Hello all TOC members and volunteers! Welcome to the second TOC newsletter of 2009. I know that many of you are already counting the days until the next ski season begins; however, there are many summer activities to enjoy in the meantime. Of particular note is the 4<sup>th</sup> annual TOC picnic, taking place on Toronto's Center Island on Sunday, June 14<sup>th</sup>. Whether you're a new member or a seasoned volunteer, join us for some great food, fun and games, and socializing. Catch up with old friends and make some new ones!

As always, our volunteers offer up a variety of warm weather events, from canoe and kayak outings, to camping trips, to hikes of varying distances and difficulties. And if you are interested in a particular event that you don't see on the calendar, maybe it's time you thought about becoming a volunteer. Contact our Volunteer Coordinator Shannon Houde at [volunteer@torontooutdoorclub.com](mailto:volunteer@torontooutdoorclub.com) to get started.

Want more info about what's going on in the TOC? Check out the forum for outdoor tips and tricks, event suggestions as well as the classifieds section to buy and sell your gear. After your second event, a link to it will appear in the left navigation field. Ask your questions and get answers from other members and volunteers.

Although it may seem far away, the TOC Executive are already beginning to plan for the 2009 Annual General Meeting. We're always looking for people to help us ensure that the club continues to run smoothly and welcome any help that you can offer. If you're interested, we'll be posting a list of positions to be filled in the next few months, so stay tuned!

I hope to see you all at the TOC Annual Picnic in June.

Jenn Pammett  
President, Toronto Outdoor Club

### Save this Date

It's that time again... the TOC Annual Picnic on the Toronto Islands will be held on Sunday, June 14th! The location for this year's picnic is site #18, located on Olympic Island. It will be a potluck, so bring a dish to share (which can include something to throw on the BBQ). Bring Frisbees, badminton nets...bring your bike, or rent one on the island. Bring your kids and go over to Centreville. Bring your bathing suit (if the weather permits!) and lounge on the beach. There are many things to do. Dogs are welcome on leash.

**\*\*The picnic will take place rain or shine\*\***

## **Upcoming Events**

Just a few of the exciting new events to check out:

Sun. June 7<sup>th</sup> -- Horseback riding: Spring Trail Ride  
<http://www.torontooutdoorclub.com/events/details.asp?eventid=1753>

Sat. June 13<sup>th</sup> -- Bruce Trail: Hamilton to Grimsby  
<http://www.torontooutdoorclub.com/events/details.asp?eventid=1701>

Fri. June 19<sup>th</sup> to Sun. June 21<sup>st</sup> -- Car Camping: Bon Echo Provincial Park  
<http://www.torontooutdoorclub.com/events/details.asp?eventid=1577>

Mon. June 22<sup>nd</sup> -- The Soulpepper Theatre's "Loot" by Joe Orton  
<http://www.torontooutdoorclub.com/events/details.asp?eventid=1568>

See more at <http://www.torontooutdoorclub.com>

## **Spotlight Event from the Last Quarter**

Saturday, May 2, 2009: Bruce Trail - **Standing Rock & Caves Side Trail, Pretty River Valley**  
<http://www.torontooutdoorclub.com/events/archivedetails.asp?eventid=1696>

Event Co-ordinator: Gary Ataman

The Write-up:

It was a nice cool day, just right for a hike. Partially cloudy all day with some sunshine every so often and a few sprinkles (but the rain held off all day). The great thing was that the bugs weren't out yet (just a few by the river). Well at least not biting. Our hike started with a visit to the Standing Rock & Caves Side Trail (or what we thought was the trail). We planned to do this while we were fresh. We found some snow and sink holes as our trail descended down the escarpment, past the Standing Rock. Heading north and downhill, we hiked towards the Pretty River Valley Provincial Park. And yes, we found a few very pretty rivers. We took the Pretty River Side Trail that climbed back up the escarpment, by a small lake. Almost at the top of the escarpment, we took another side trail (John Haigh) which led us to the HIGHEST POINT on the Bruce trail, at 540 meters above sea level. Heading north, we hiked into the Petun Conservation Area. Some of us did a short excursion to the Osler Bluff ski hill where we had a good view from the top of the ski lifts. This created a 5 minute gap between the main group and the Osler Bluff ski hill group. A few phone calls later and a GPS coordinate, we found the main group. We also found Alex in the process of walking east on the 6th Sideroad. We had some great views of Collingwood and saw one turkey vulture riding the air currents. We followed the Bruce Trail (white blazes) back down the mountain to the Pretty River Valley river. Heading south, we were again climbing back up the escarpment, back to the parking lot. We took the Bruce Trail up the escarpment. On top, we discovered the "true" Standing Rock & Cave Trail. We were all tired, but some of us decided to do the official trail

down again. WOW! THIS IS GREAT! The deep slotted canyons were like a maze. Adding in the snow and ice for additional challenge made negotiating the narrow passageways an effort. Kate watch your head! About 15 minutes later, we merged with our bushwhacking trail in the morning, past Standing Rock and all the way to the base of the escarpment again. We got back on the Bruce Trail and climbed back up again where we met up with the rest of the group. One car headed straight back to Toronto (no supper), and for the rest of us, off to Stayner for a beer and supper. We deserved it! Great hike.



## Announcements

**VROC:** We are pleased to announce the addition of a new club to our family: the Vancouver Regional Outdoor Club ([www.vancouverregionaloutdoorclub.com](http://www.vancouverregionaloutdoorclub.com)). The VROC was started by long-term Calgary Outdoor Club (COC) volunteer, Karin Sibilo, who moved to Vancouver earlier this year, and Rhonda Scheurer, founder of the COC (who's helping out with the start-up work of VROC). Tell your outdoorsy family and friends, and if you're ever in the Vancouver neighborhood, look them up!

**Bike Train:** This letter was received from the folks who operate The Bike Train and deserves to be posted in its entirety:

"The Bike Train is a fun, economic and environmentally friendly way to enjoy a cycling getaway and get outdoors in Ontario. It is a project of Transportation Options, a not-for-profit dedicated to promoting sustainable and alternative modes of transportation. Getting to your destination is made easy as passengers travel in comfort on the train while their bicycles are safely secured in a baggage car with bike racks. Trains run over 8 weekends from Toronto's Union Station to Niagara Falls Station, located a block from the Niagara River Recreation Path.

Cycling is a unique way to enjoy Ontario's culture, history and landscapes. The Bike Train provides passengers with bikes a convenient roll on - roll off service to the doorstep of Ontario's premier tourism destinations. The Bike Train is great for cyclists of all abilities, from those who rarely cycle to experienced cycle tourists. Knowledgeable Bike Train staff are available onboard to provide cycling maps and useful information. Passengers join a community of travellers who are happy to share stories and anecdotes about their trip.

Almost 1000 passengers have taken the Toronto-Niagara *Greenbelt Express* over the last two years. New this year, the Bike Train is adding a pilot route to North Bay for the weekend of

August 7-10. Other routes to Windsor, Essex County and Pelee Island in the West, and Cobourg, Kingston, Brockville and Cornwall in the East have been proposed. More information and on-line ticket sales can be found at [www.biketrain.ca](http://www.biketrain.ca) We look forward to welcoming you onboard."

**Free TO Walks:** With the days getting longer and warmer, many of us have the desire to go out and explore the city. One way of doing this is to join guided walks put on by various organizations, such as the Royal Ontario Museum, Heritage Toronto, and Toronto Green Community & Toronto Field Naturalists. These free walks last about 1.5-2 hours and typically have a historical theme, with some architectural and/or environmental commentary thrown in. The guides are volunteers and quite knowledgeable about the neighbourhood you are visiting. Generally, you don't need to sign up for them; just show up at the designated spot. To find out more you can visit their websites:

ROM Walks: Walks on Wednesday evenings, Sunday afternoons

[http://www.rom.on.ca/programs/rom\\_travel/index.php?cat\\_id=2&ref=showlisting&keyword=&audience\\_ids%5B0%5D=all&offering\\_ids%5B0%5D=3](http://www.rom.on.ca/programs/rom_travel/index.php?cat_id=2&ref=showlisting&keyword=&audience_ids%5B0%5D=all&offering_ids%5B0%5D=3)

Heritage Toronto: Walks on Saturday and Sunday afternoons

<http://www.heritagetoronto.org/discover-toronto/walk/month>

Lost River Walks: Walks on Saturday and Sunday afternoons

<http://www.lostrivers.ca/WalkSchd.htm>

**Boots Across Canada!:** First it was Boots on the Bruce. Now it is going national with Boots Across Canada!

Last year the BTC and KEEN Canada launched the Boots on the Bruce program. The program generated donations based on the number of people that snapped and submitted images of them on the Bruce Trail. Bruce Trail enthusiasts posted over 11,000 Boots on the Bruce submissions and KEEN Canada gave the BTC \$50,000 to help the us secure more Escarpment land. The Bruce Trail Conservancy is delighted to announce it is partnering with KEEN Canada again, in an exciting new program called Boots Across Canada. This year, KEEN Canada is making \$75,000 available - all we have to do is snap a picture of what you love doing best - being outside! Please make your submissions often and early. The BTC will get a donation for all the Ontario submissions!

Program Dates - May 1 - October 31, 2009; to participate in the Boots Across Canada program:

1. Enjoy some time on any Ontario trail. This year the program is open to all trails, not just the Bruce Trail. All trail submissions taken on an Ontario trail, will generate a donation for the BTC.
2. Take a photo of your boots (or shoes!) on any Ontario trail (Bruce Trail included, of course!).
3. Visit [www.keencanada.ca](http://www.keencanada.ca) and upload a photo.
4. For every pair of boots (shoes) taken on an Ontario trail, KEEN Canada will donate \$5 to the BTC. One picture with 1 pairs of boots (shoes)=\$5 donation from KEEN. One picture

with 10 pairs of boots (shoes)=\$50 donation from KEEN.

## **Content Update**

You may have recently noticed that the options available to you upon sign-up for events with a carpool have changed slightly. This is to better allow coordinators to plan the event carpool. What you will now see is this:

Please select:

“Willing to be a carpool driver” if you would like to be a driver, although this does not necessarily guarantee that you will be a driver.

“Driving to carpool, prefer to be a passenger” if you will have a vehicle at carpool but prefer to ride with someone else as a passenger. In some circumstances, such as if there are drivers who cancel at the last minute leaving the carpool short on drivers, the coordinator may ask you if you would be willing to drive for the event carpool.

“Driving myself, will not be participating in carpool” if you will be transporting yourself to and from the event, if you will not be returning to the carpool location after the event, or do not feel comfortable driving others under any circumstances. You will not be included in the cost calculations.

“Passenger” if you will be participating in the carpool as a passenger only.

If you have any questions about these new options, please contact [president@torontooutdoorclub.com](mailto:president@torontooutdoorclub.com) or your event coordinator directly.

## **TOC Etiquette**

On occasion, we all find that we have to drop out of an event at the last minute--life happens, it's inevitable. And we've all been on a TOC event waiting list, hoping a place will open up. If you are signed up for a TOC event but something else comes up that conflicts with that time, please think about the other members, particularly those on the waiting list. It's easy to check on the events you're currently either signed up or wait-listed for--look under 'My Upcoming Events' and 'My Wait List Spots' respectively. Yes, phoning the event coordinator to cancel at the last minute does accord with club policy; however, the event coordinators do pay attention to those who do this frequently, and they share that information. Chronic offenders may find that they don't get moved from a waiting list to the event. Contact the event coordinator as soon as you know you will no longer be participating, so that they have an opportunity to offer the place to another member.

If an event coordinator contacts you requesting more information about an event for which you are registered, please respond promptly. The information you provide is integral to the organization of the event and your timely response ensures that everyone attending will have a good time. This is particularly important as the camping season approaches as some of the preliminary details of these types of events such as the organization of food, equipment and carpool arrangements are sometimes decided upon via email. Coordinators may decide to remove participants who do not respond to their emails in favour of another willing participant from the waiting list.

Ensure that your payment is received by the treasurer on time! Guarantee your spot on the event by making your payment for the event well before the event cut-off date. Many events have long waiting lists, and coordinators prefer to finalize their participant list early, so if someone on the waiting list has paid, and you haven't as of the registration cut-off date, you will be bumped! No exceptions!

Leave no trace! Remember to pack out everything that you have brought into the wilderness with you. Although some items may be biodegradable, if they are not a natural part of the ecosystem, they should not be left behind. And be considerate of your fellow members and volunteers who have offered to drive carpool. They should not have to clean up after you, so try to ensure that you dispose of all garbage and recyclables properly.

## **FAQ**

### **What time should I be at the carpool?**

The carpool time on the event is the carpool DEPARTURE time. Plan to be at the carpool location at least 15 minutes before the carpool time ESPECIALLY if this is your first event. There are waivers to sign, introductions to be made, carpool assignments, attendance to be taken, and questions to be answered. It's a hectic time for the Event Coordinator and they don't have time to deal with latecomers.

### **I'm running late or I'm lost - will you wait for me?**

Latecomers not only inconvenience those people who made the effort to wake up early in order to be on time, but they also delay the event, and cause concern for any members who are waiting at the trailhead. The event coordinator has plans time to get to the trailhead so that coffee can be bought, gas tanks filled up and weekend traffic considered. Here's a general rule: if you are not ready to leave your house One Hour before the carpool time, you may want to rethink your plans for the day. If you are well on your way, but you got lost, took the wrong subway or hit some bizarre and unexpected traffic delay, please call the event coordinator at least 15 minutes before the carpool time. They will have the final say on how long they will wait but be aware if the carpool time is 10:00 and you show up at 10:01 there are no guarantees that the group will still be there. Please do not call the coordinator and ask them to turn back for you or to send someone to come pick you up. The basic rule? Be considerate of other people's time and ALWAYS have the event coordinator's phone number with you!

## **Camping Recipe**

### **Grilled Potatoes in Foil**

#### **Ingredients:**

- 3 large potatoes, sliced
- 1 large onion, sliced
- 1/2 cup of mayonnaise
- 3 garlic cloves, minced
- 1/2 teaspoon paprika
- salt and pepper, to taste

## **Preparation:**

Mix mayo, garlic and paprika in a large bowl. Then add the potatoes and onions, and mix well. Now you can either divide the mixture evenly into 6 individual foil packs, or it all cooks nicely in a covered foil pan. Just put on the grill or over the coals for 25 to 30 minutes.

Serves 6 and takes about 45 minutes to prepare. Note: this is best for a car-camping trip, rather than backpacking. Goes well with grilled sausages or burgers.

Thanks Alison for this recipe!

## **Club Stats (as of June 5th)**

Total current members: 1974

In the Last 30 Days, Number of Members to Join Per Day: 4.57

Total Members who are [Club Volunteers](#): 44

Events held to date: 1232

Average Number of Events per Month (Last 12 Mo's): 40

See more at <http://www.torontooutdoorclub.com/aboutus/stats.asp>

## **Club Executive and other Administrators**

President: Jenn Pammett [tocpres@gmail.com](mailto:tocpres@gmail.com)

<http://www.torontooutdoorclub.com/aboutus/officers.asp#jennpammett>

Treasurer & Club Co-Founder: Erik Sonstenes [caveatman@gmail.com](mailto:caveatman@gmail.com)

<http://www.torontooutdoorclub.com/aboutus/officers.asp#caveatman>

Vice-President: Jim Olchoway [jolchoway@gmail.com](mailto:jolchoway@gmail.com)

<http://www.torontooutdoorclub.com/aboutus/officers.asp#jrtriptych>

Vice-President: Robert Halliwell [robonomad@gmail.com](mailto:robonomad@gmail.com)

<http://www.torontooutdoorclub.com/aboutus/officers.asp#bobert>

Vice-President & Website Analyst: Alison Munro [akm.toc@gmail.com](mailto:akm.toc@gmail.com)

<http://www.torontooutdoorclub.com/aboutus/officers.asp#akmunro>

Volunteer Coordinator: Shannon Houde [volunteer@torontooutdoorclub.com](mailto:volunteer@torontooutdoorclub.com)

<http://www.torontooutdoorclub.com/aboutus/officers.asp#houde77>

Webmaster: Jose Zelaya

<http://www.torontooutdoorclub.com/aboutus/officers.asp#logan>

Photo Historian: Melanie Sanchez

<http://www.torontooutdoorclub.com/aboutus/officers.asp#meli>

Photo Historian: Victor Corrales

<http://www.torontooutdoorclub.com/aboutus/officers.asp#vcorrales>

Info to be found at <http://www.torontooutdoorclub.com/aboutus/officers.asp>

## **Event Coordinators**

In addition to the club executive and administrators, most of whom are also event coordinators, we have 26 other brave souls who give up their time and energy to lead trips: Abdul Abbas, Stacy, Chetan, Chuck, Cynthia B, Darrel Nantais, David Block, Gary Ataman, Julian, Jason, Justin, Kate, Katherine, Lisa Jayne, Matt E, Michelle, Min C, Nicolas Bello, Perkin, Peter S, Pia, Steph, Sue, Teresa N, Tom H, Vitaly.

Also to be found at <http://www.torontooutdoorclub.com/aboutus/officers.asp>

We are always looking for Event Coordinators. If you think you might be interested, please contact Shannon Houde, our Volunteer Coordinator, at [volunteer@torontooutdoorclub.com](mailto:volunteer@torontooutdoorclub.com).

## **Newsletter Naming Competition**

As we head into the fall, the TOC will start publishing a Club Newsletter on a more frequent basis. "TOC Newsletter" as a title may be technically correct, but it's really boring... So, we're running a competition to come up with a catchy name for this publication! Email your suggestions to [info@torontooutdoorclub.com](mailto:info@torontooutdoorclub.com). The executive members will review all submissions, and the winner will be announced at the AGM in October at which time they'll receive a cool prize.

## **And Last But Not Least . . . .**



**WATCH OUT FOR THIS--POISON IVY!!** Thank you, Sue Robertson, for the heads-up.