

TORONTO



Outdoor Club

March 2009 Newsletter

Message from the President

Hello all TOC members! I know it's been a while since you've received a newsletter and, if you're a newer member, this may be your first ever. At the last Annual General Meeting, the Executive for the 2008/2009 year was announced, with a few notable changes to our hardworking team. Jason Mazariegos stepped down as one of our Vice-Presidents, and we are pleased to welcome Rob Halliwell as his replacement. Also, Shannon Houde has taken over the responsibility of Volunteer Coordinator from Cynthia Beernink, and has been doing an excellent job of recruiting and guiding new volunteers.

There have recently been some updates to the website content: in particular, check out our Cancellation Policy as well as our Wait List Policy. The policies themselves have not been changed or modified; however, they are now more clearly outlined in an effort to provide the membership with as much clarity as possible about how the club is run. Look for the update content at the beginning of next week.

I'd like to thank all of the wonderful TOC volunteers who have kept our calendar full thus far in 2009. Despite the variable weather, there have been many skiing, snowshoeing and overnight excursions. As we move into March, I know that some of you must already be dreaming about canoeing, cycling, hiking and camping. Never fear, summer is coming, bringing with it sun, warmth and numerous opportunities to get outside and enjoy the outdoors!

If you're looking for gear or great ideas for summer activities, check out the Toronto Outdoor Club Forum by clicking on the link at the top of the left navigation bar on the website. You'll find valuable trip ideas and information about other activities going on in the city as well as a classified section to buy and sell gear; you can even make suggestions to volunteers about ideas for events! Join our online community and chat with other members and volunteers.

We've recently added some new volunteers to our team, and continue to invite any other interested members to approach Shannon Houde, our Volunteer Coordinator, for more information about becoming a volunteer.

I hope that you enjoy what's left of winter, and get outside to experience the changing of the season.

Jenn Pammett
President, Toronto Outdoor Club.

Save this Date

This year's annual TOC picnic will be held on **Sunday, June 14th**, on the Toronto Islands. This is a popular event with often more than 100 members in attendance. It's always a great opportunity to meet others and relax in an outdoor setting. Stay tuned for more details about time and exact location.

Upcoming Events

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

Sun, Apr 5 2009: [Bruce Trail: Waterdown to Dundas](#) (Hike)

Fri, May 15-17 2009: [Camping at Silent Lake](#) (Overnight)

Sat May 30-31 2009: [230 km Toronto-Alliston-Toronto 2-Day Bike Tour & Camping](#) (Overnight)

Thu, Jun 4-7 2009: [Canoe the French River Figure 8 Loop](#) (Overnight)

Fri, Jun 19-21 2009: [Car Camping: Bon Echo Provincial Park](#) (Overnight)

Mon June 22, 2009: [The Soulpepper Theatre's "Loot" by Joe Orton](#) (Culture)

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

TOC FAQs

Can I meet at a different spot than the official carpool location?

If the event coordinator allows, you may choose to meet at the event. However, it's highly recommended that you do meet at the carpool location to get any last-minute changes in plans, and to get proper driving directions to the event. Be sure to have the coordinator's cell phone number with you and a proper map to the location. If you are unable to make it to the carpool location or want to meet at the event for some valid reason, some coordinators may choose to make exceptions depending on individual circumstances, so please email your event coordinator if you feel it is necessary to meet somewhere else.

Spotlight Event from the Last Quarter

Sunday, February 1, 2009: Bruce Trail—Speyside and Vanderleck Side Trails

<http://www.torontooutdoorclub.com/events/archivedetails.asp?eventid=1561>

Event Coordinators: Alison & Pia

The Write-up:

A small but experienced group of members tackled the Bruce Trail and the Vanderleck Side Trail on a beautifully sunny winter day. A lot of fresh snow had fallen just prior to the event but, fortunately, the trail had been hiked by other people a couple of days before, so was clearly marked; and we were lucky to meet a group of snowshoers travelling in the opposite direction who had broken trail for us for part of the way.

We made excellent time, covering the 14 km route in under 4 hours. The only downside of hiking in the winter is the need to keep your eyes on the trail all the time - watching the boots and gaiters in front of you does get a bit tiring after a while... However, kudos to the stalwarts, mainly Larry and Dima, who took turns to break trail for the rest of the group - that's what you get for moving so much faster! Pia managed to find just about every hole, both on and off the trail - she must have been aching in every bone the following day from all the jarring.

Given the level of experience (100+ years of hiking collectively), and the fact that we had a current Bruce Trail Guide *and* a hand-held GPS unit between us, there really was no excuse but somehow, somewhere, at the end of the day, we missed the trail markers. As a result, we ended up bushwhacking the last 1 km back to the cars. We plodded along what appeared to be a cross-country ski track with Gary's GPS insisting that our route turned left in about 300m... When we finally did turn left (seemed like a lot more than 300m), we were following a deer trail through the bush, down a bank and out across a small lake, which was covered in deep snow (can you spell 'insulation'?). Needless to say, we had 3 wet feet by the time we got to the other side (no, I'm not going to name names), and a soggy hike for the last stretch to the parking lot...

A well-deserved stop for a pint and plate at the Ivy Arms in Milton wrapped up a great day of hiking (if one ignores the wet socks and boots), and that well-earned sense of all-over tiredness for all concerned.

More pictures from the event can be found on the TOC Fotki site at

<http://public.fotki.com/torontooutdoorclub/2009/february/1561/>

TOC Camping Recipe

Cashew Chicken Curry

We made this on the 2008 Labour Day weekend canoe trip to Big Porcupine Lake in Algonquin Park. It's a one-pot meal, so not too much washing up and there's plenty for even the hungriest bods.

This recipe can be made vegetarian by omitting the chicken and using 1 cup of cashews instead. Recommend using 2 tsp of curry powder to get a good flavour. Quadruple all quantities to feed a party of 8.

- 1/4 cup raisins or chopped dried fruit
- 1 1/2oz freeze-dried peas and/or carrots or JustVegetables.
- 1 - 2 tsp. curry powder
- 1 cube vegetable or chicken bouillon
- 3 oz canned chicken
- 1/4 cup dry milk
- 1 1/4 cup water
- 1 cup instant brown rice
- 1/3 cup cashew nuts, in pieces
- 2 oz (1/2 cup) shredded or sliced Cheddar or Jack cheese (optional)

Combine the ingredients with the water.

Cover, bring to a boil and cook for 1 minute.

Add instant rice, return to a boil, and cook covered for 1 minute.

Stir in the cashews. Top with cheese, if desired.

Turn off the heat and allow to stand covered for 4 min or until the rice is fully cooked.

For car camping, substitute 8 oz. canned or frozen peas or carrots for the freeze-dried vegetables; reduce water by 1/4 cup. The amount of chicken may be increased as well.

Makes 2 generous servings.

TOC New Event Notices

Do you find your inbox full of TOC emails for events that don't interest you? You can control what notices you get!

When you are logged in to the TOC website, on the left menu select "My Account > Change Preferences". The list of activity types on the Preferences page allows you to control the type of event for which you'll receive notices - if you don't plan on biking, simply turn off the Bike option.

You can update your profile at any time and add items back on to your list if you change your mind or want to try something new in the future. And you'll always receive any event specific notices for an event you're on - reminders, updates from the coordinator, etc. - so no need to worry about missing any important announcements.

Club Stats (as of Feb. 24th)

Total current members: 1757

Events held to date: 1114

Number of members named Jennifer: 20

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

Club Executive and other Administrators

President: JennP tocpres@gmail.com

Treasurer & Club Co-Founder: Erik Sonstenes caveatman@gmail.com

Vice-President, Event Coordinator: Jim Olchoway jolchoway@gmail.com

Vice-President, Event Coordinator: Robert Halliwell* robonomad@gmail.com

Vice-President, Website Analyst, Event Coordinator: Alison Munro akm.toc@gmail.com

Volunteer Coordinator: Shannon Houde volunteer@torontooutdoorclub.com

Webmaster: Jose Zelaya

Photo Historian: Melanie Sanchez

Photo Historian: Victor Corrales

* *Replaced Jason at last November's AGM*

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 27 other brave souls who give up their time and energy to lead trips: Abdul Abbas*, Stacy, Bazza, 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*, Sarah*, Shannon A*, Steph, Sue, Teresa N*, Tom H, Vitaly.

* *Newly-minted coordinators (since the beginning of November)*

Info 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

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DIY Work Permits	Publishes guides: Living/Working abroad	http://www.diyworkpermits.com
Banks & Starkman	Family Law and Civil Litigation	http://www.banksandstarkman.com/default2.htm
Sol Mountain	Lodge based ski touring - Calgary area	http://www.solmountain.com
Alpine Rafting	Rafting adventure down the Kicking Horse River	http://www.alpinerafting.com
Lyon Butler	Home, Auto, and Business Insurance	http://www.lyonbutler.com
Chalkers Pub	Bistro/Pub and our official TOC Clubhouse	http://www.chalkerspub.com
Andwa Consulting	Custom development of interactive web sites	http://www.andwa.com