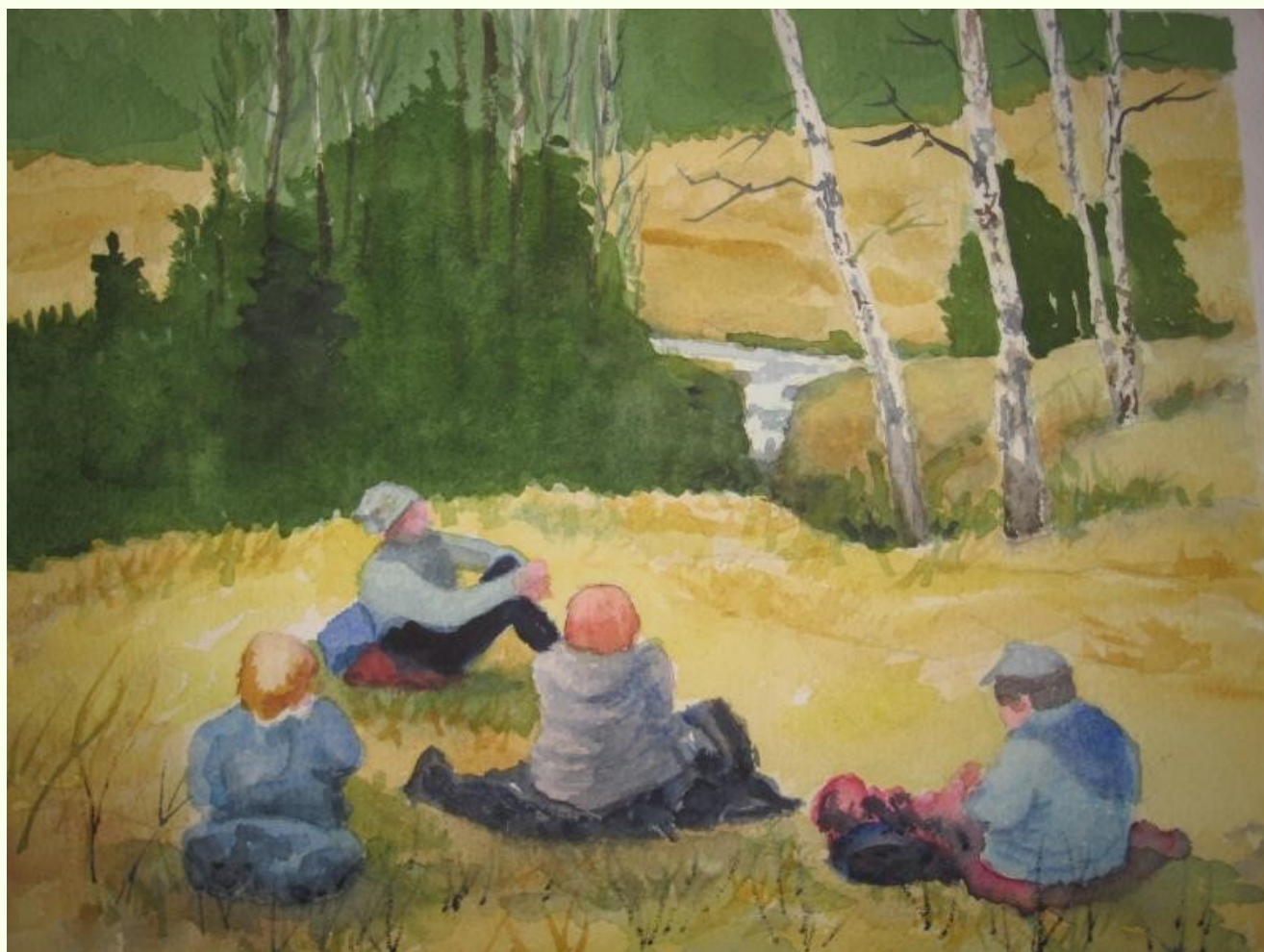


Summer 2020

Walk, Hike, Snowshoe, Cross-country ski

Evergreen Seniors Outdoor Club



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Cover art: Sheep Valley
by Francis Chapman

Message from the President

I need to start off by clarifying that I am not actually the president of the Evergreens! As we were unable to hold our Annual General Meeting in April, we were not able to have an actual election of officers for the board. However, at one of our Zoom board meetings, it was decided that we should move forward and so we all resigned our positions and designated myself as President Elect, Craig Barnstable as Past President and Kiyoko Miyanishi Vice President Elect. We want to thank Jane Fraser for her time on the board over the past three years. Also thank you to Lynn Whittingham who completed two years as membership coordinator. Both of these valued members on the board will be missed as we go forward. We welcome two new members to the board, Kiyoko as vice president and Johanna Voordouw who has taken over membership. In the fall, if we are able, we will hold a general meeting and make all of this official!

It has indeed been an interesting time for all of us over the past few months as Covid-19 threw a very large monkey wrench into our club's activities. Once the bus stopped operating in the middle of March, we had many weeks of uncertainty regarding when and if we would be able to get together again and resume our activities.

As things started to ease up a bit and we had fewer restrictions, we were very fortunate to have several board members step up to the plate and get the current summer schedule up and running without the bus for transportation. Barb Brunton, our summer hike coordinator put a great deal of time and effort into working out some of the new logistics while Eric Leavitt was able to help out with website related issues. Greg and Johanna have been busy as well keeping track of the participants, waiver documents, and making our guests feel welcome (as Evergreens always do)!

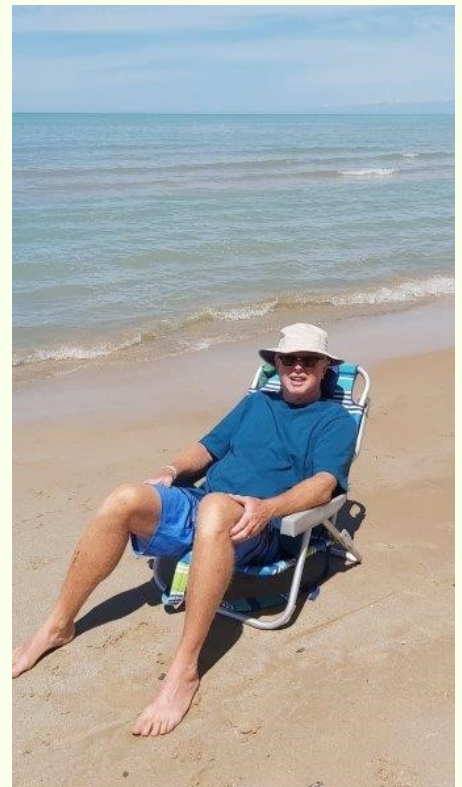
The club response to these "drive-yourself" outings has been very positive to date and goes to prove the old adage, "If there is a will, there is a way"! It is very unfortunate that all of our club members are not able to participate easily as they may not have transportation or in some cases may not feel comfortable hiking in a group, even with social distancing measures in place. However, we will keep our fingers crossed that one day this will be behind us and we can get the bus rolling once again.

In closing, I want to remind everyone to stay safe and well while we navigate through these difficult times. Try to reach out to anyone in our club who may be feeling isolated and perhaps a little bit afraid. We will get through this together!

Happy Hiking,

John McLean, President (elect) Evergreens Seniors Outdoor Club

(Photo: The president hard at work. Joan M.)



Editor's News



As our planned event cancellations piled up, we were faced with some time on our hands. We walked most days for a couple of hours, but one day we drove to visit friends who live near Claresholm. That is where we saw three owlets in their hedge-row. They were just fledged and were sitting on branches waiting for the photo shoot. The picture is a little far away, so as not to frighten this Great Horned Owlet.

I put out a call for members to let me know what they are up to and the following is their news. I hope you enjoy the newsletter. I am trying to learn a little more about the publisher tool to spruce it up a bit. Your submissions are always welcome. It will be Winter newsletter time before we know it, even though we are not ready to think of that quite yet. Thank you all for submitting your material for the **Goings on With Evergreens** section.

Stay apart, but keep together, and stay well.
Joan McLean

Goings On With Evergreens

My dining room table became my art table – it wasn't being used, so why not.

I am attaching a couple of the pics that I did – Emerald Lake and another in Sheep Valley with fellow hikers. It was a wonderful way to spend the days. Besides painting, I also gardened, started tomato plants from seed, now they are blooming, hopefully I will have tomatoes before the frost comes.

I have stayed well, with the guidance from my daughter, who is now the mom and I am the child.

Thanks for letting me share,
Frances Chapman



Wildflower Identification and Appreciation Hike

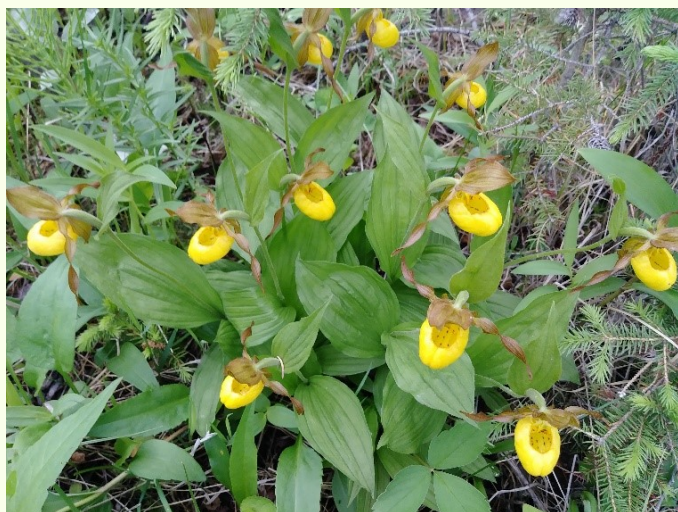
June 18, 2020, a very keen group of nine hikers (Cheryl and Glen C, Rick D, Gerri D, Jane H, Murray L, Annette M, Gail S, and Tom vD) joined the leader, John Morck in Bow Valley Provincial Park for a wildflower identification and appreciation hike. The timing was perfect for finding wildflowers in bloom as the group found 53 different wildflowers / flowering shrubs from a prepared checklist.

The most amazing three wildflowers found were all orchids. One specimen of the Striped Coralroot Orchid, which is quite rare, was larger than any of us had ever seen before. We found a couple bunches of the delicate Roundleaf Orchid which is also quite rare. None of us had ever before seen so many Yellow Lady Slipper Orchids, which were plentiful alongside the trails we did, especially around the Many Springs loop.

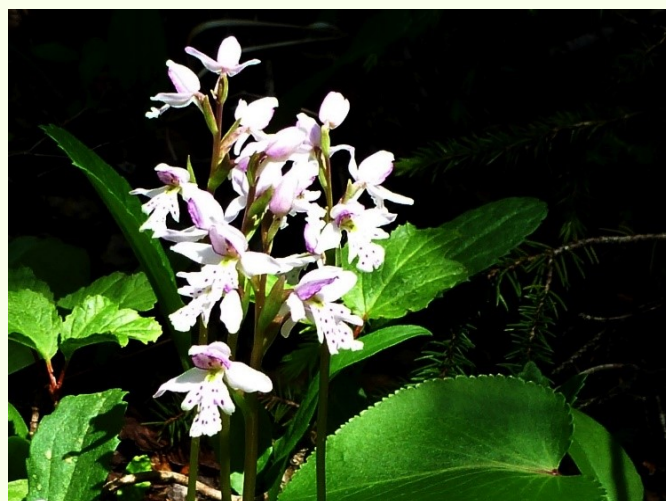
Several members wanted to be sure their expression of appreciation was made in this article for the enjoyable day and the sharing of knowledge by the leader.



Striped Coralroot (Photo: J Morck)



Yellow Lady Slipper (Photo: J Morck)



Roundleaf Orchid (Photo: J Heward)

Thanks to all members of the group for being such keen learners.

Submitted by J Morck

Bernie Nemeth is up and running with the photo archive at <http://sdrv.ms/Sa41Rb>
Members are welcome to view the photos and download their favourites.

Following are some shots from the June 25 hike to Upper Kananaskis Lakeshore.





Memorial

When we lose a club member it is felt deep in our hearts. Getting together to celebrate those lives gives us a chance to share our grief and show their loved ones how the Evergreen Community cares. During these times, “The Covid Times” I call them, we are not able to gather for a celebration of life, or even to meet and share stories along trails we travelled together in the past.

Two of our members have passed away recently and will be fondly remembered by the Evergreen family.

MJ Butala (04/26/20)

Jan Heath (04/25/20)

The Last Word



Thanks to Kyra Fisher and “The Social Distancettes” for their demonstration of staying safe on the trail. This photo was taken at West Bragg Creek on the Merlin Loop, May 25. In addition to staying two meters apart, wearing masks may be another part of our trips soon. Stay safe. Protect yourself and others.