



Evergreen Seniors Outdoor Club Spring 2023

Photo Joan McLean

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Summer BBQ

July 20, 2023

Boundary Ranch

Kananaskis

Burger Lunch

Members \$30.

Guests \$40

Save the Date

Annual General Meeting Highlights

Thursday, April 6th, 2023

The general meeting was well attended with 93 members in attendance. The full minutes of the meeting are posted on the club website.

The board includes new and returning members.

Barb	Brunton-Johnstone	President
Dane	Bridge	Vice-President
Peter	Kubica	Past President
Hugh	Powell	Treasurer
Sharon	Hanwell	Secretary
Johanna	Voordouw	Membership Director
Eric	Leavitt	Website Director
Kyra	Fisher	Summer Hiking Director
Douglas	Kosowan	Winter Activities Director
Greg	McKenzie	Winter Activities Director
Carolyn	Ardell	Summer Transportation Director
Harold	Kroeger	Winter Transportation Director
Kim	Tidswell	Social Director
Jennifer	Aikenhead	Social Director
Peter	Dankers	City Hikes Coordinator
Joan	McLean	Newsletter Coordinator
Carol	Morris	Telephone Coordinator
Cheryl	Whitehead	Membership Support Coordinator

Much thanks to retiring Board members. Bob Perkins is stepping down as Treasurer and leaves the board after holding several different positions over many years. His valuable service will be missed. Kiyoko Miyanishi has completed her role as Past president, and thanks go to her for leadership over the pandemic. Dorothy Lloyd handed over her role in member support and we are grateful for her inspiring help to club members.

As you review the minutes on the website each report highlights the great amount of work each volunteer has dedicated to the smooth operation of the club. The directors and coordinators have completed the year in fine fashion, and they rely on the volunteer efforts of day leaders and hike leaders, amongst other jobs. Thanks to all the members both on the board and those dedicated to the weekly success of our bus trips.

Eric Leavitt has updated the club handbook, which is available on the website. This contains valuable information as explained in the introductory paragraph:

This document provides support and direction for persons assuming Director or operational roles in the Club. It also documents the emergency procedures for the Club and provides contact information for normal and emergency operations.

Normal operations include everything you need to know to be a day leader. There is lots of help and support for those roles. Mentors are available and there is also lots of experience on the bus!

In addition, Mike Gervais will join Eric L. as a Co-web Administrator. This will ensure the continuity plan recommendations will be followed through.

The club remains in good financial shape, but as we have seen with bus fare increases, we are not immune to inflation. In order to maintain our financial health the board has proposed some changes that will keep us afloat. Again, Bob Perkins is to be thanked for all his work in this area as he hands off the reins to Hugh Powell.

Complete minutes and annual reports are available on the website.

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President's Message

Hello, Evergreens!

I'd like to introduce myself as the new President of our Club. I am Barb Brunton-Johnstone and have enjoyed participating in this club for almost 11 years. I joined as soon as I retired from full-time work at The City of Calgary in 2012. I have been on the Board for many years, mostly as the Summer Hike Director prior to Kyra taking on the job.

I have greatly enjoyed the format of the club and the great people in it. It is always a joy to join the events on Thursdays, so my husband Keith and I try to attend most weeks.

We had a great turnout at the recent AGM – thank you to everyone who came. It is important that we have at least 40% of our members in attendance (68 people required this year); we well exceeded that number.

Our Club has been fortunate to have maintained a strong Board with many enthusiastic members doing the work to run this organization effectively. We said goodbye to long-time Treasurer and former President Bob Perkins this year and welcome Hugh Powell as our new Treasurer. Hugh has been on the Board for many years in different roles and was also a President in the past. New to the Board is Dane Bridge as Vice President. Dane has been a member for several years. He still works on occasional contracts, often out of Calgary, which impeded his ability to participate in Evergreens' activities last year. He expects to be in town more going forward and is keen to use his time to help run our Club.

I am also happy to welcome back most of last year's Board Members, some in different roles.

Last year, the Board did good work identifying areas where we could improve our Club, mostly in the area of encouraging and supporting volunteers, who are critical to operating our Club and making our outings enjoyable and safe. This year, you will notice:

- more information on our website outlining duties and resources available for the various volunteer roles
 - details on the new Incident Response process which splits the responsibility for dealing with an emergency that may arise on one of our trips to a member of the new Incident Response Team, allowing the Day Leader to concentrate on their normal duties
 - Mentorship is being offered to new Day Leaders to help them, with an experienced Day Leader available to provide advice before and during the Bus Trip
- welcoming people who wish to assist an existing Board member in their duties to attend our Board meetings and vote on items of importance to our Club.

I look forward to seeing all of you on our weekly outings and at the great social events.

Barb Brunton-Johnstone



The Green Monster

In early January, a friend called me to see if I wanted to hike to the Green Monster. She had never heard of it and thought it sounded interesting. Well, John nor I had never heard of this hike. We decided to find a time to get up and hike to the Green Monster Icefall. Before that, Phyllis Q. told us they had hiked into the Green Monster the day before. We went from never hearing about this Green Monster to hearing about it at every turn.

We decided to try it. We stopped at the Barrier Lake Information Center, and asked the park employee if they had noticed an increase in use on this trail. She said that someone had mentioned it on Social Media and the post went viral. So, that made partial sense as to the current spike in interest. The hike up to Evan-Thomas Creek was very hard packed snow and the ski trail was almost non-existent. That made its popularity make even more sense. Less snow made it easy to hike and terrible to ski. The parking lot was filling up at 10 am.



There was a tricky portion near the end where you had to climb up and down a small ledge. This was not for the faint of heart (eg. me), but most people seemed to navigate it, and some even seemed to scamper up and down (eg. Showoffs). Thanks to Phyllis who shared pictures for the newsletter.

The Last of Winter

The last official Winter trip for the season headed out to William Watson Lodge on March 30. Fog enveloped Calgary, dimming my hopes for a bright sunny day. However, Peter Lougheed Park did not disappoint. The closer we got to the mountains, the bluer the skies.

Skiers and walkers enjoyed routes around the lodge and down to Pocaterra Hut. Back on the bus we had a birthday to celebrate. John Boyd turned 85 on the day. Happy Birthday, John.

Also, excitement rippled through the bus when Ray suddenly pulled over. Everyone wondered what was happening! It was just Lynn W. delivering Tom's snow shoes which he forgot at WWL. (Man, we gotta get out more!)

The tip of the small tree peeking out from the snow on the cover of this newsletter is saying what we are all thinking, **"On to spring adventures!"**

A Note About Bear Spray

As the summer hiking season gears up, it is time to get out summer gear up to snuff. The Safety Guidelines is reprinted here from the website for your reading pleasure. Another important task is to review the condition of bear spray.

Check the expiration date on your bear spray. If it is expired, it is advisable to dispose of it right away. Another reason to swap out your old canister for a new one is that over time, the contents of the canister loses potency and may be less effective in the event you need to use it. Bumps and clunks and exposure to extreme temperatures can also be hard on bear spray canisters. So, taking all that into consideration, you can avoid trouble.

A bear spray safety container can be purchased for under \$20 at a number of retail outlets. These are useful for both storage and also, while transporting bear spray. These are designed to prevent punctures of your canister and to contain the spray in the event of an unintentional discharge.

It is important to note here that bear spray **must always be stowed in the compartment below the passenger compartment of our bus** and should be transported in the trunk of any other vehicle.



How to safely dispose of bear spray

Safely dispose of bear spray and pepper spray for free at a household hazardous waste drop-off:

Designated fire station - put in secure bear spray bin.

City landfill Throw 'n' Go area.

From: <https://www.calgary.ca/waste/what-goes-where/chemicals-bear-spray.html>

Updated by John McLean

And speaking of safety...

The Club Documents provide a lot of good information, including "Trail Safety Notes". This is a good time to review those notes written in 2020.

<https://evergreenoutdoorclub.org/wp-content/uploads/2020/01/Trail-and-Safety-Guidelines-Jan-2020.pdf>

The website has maps and trail descriptions which are useful for those volunteering to be trip leaders, but may be of interest to those who like to prepare themselves for areas they have not hiked in previously.

Thanks to all those who have compiled this material over time and for Eric L who oversees the website.

The Last Word

This newsletter would not be complete without a tribute to John Morck, who gave so much help to me as a newsletter editor. I recall thinking that it would be a challenge to think of an item for “The Last Word” each newsletter. Enter John Morck. He came up with ideas for the newsletter, supplied help with technical issues, and he was just generally encouraging.



Many members will have fond memories of John and will be missing him on the trails. So, this “Last Word” is for John Morck.