

# Evergreen Seniors Outdoor Club Spring Newsletter, 2024



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## Annual General Meeting 2024

The meeting was well attended and walkers had a great day to tour the area on foot. Pictured here are the B2s who scaled Mount Cambrian Heights. There is a great panoramic view from this perch, similar to Nose Hill but slightly lower (and you can see Nose Hill ).



Each director reviewed their annual report and took questions. Members surely can tell this club is extremely well run and the volunteer board keeps things running smoothly. We all need to thank the members of the board and all the volunteers that perform jobs that help make our time in the mountains happen. I am just seeing how much care goes into the planning as John works on the Canmore area hiking day. Many consultations of suggestions, questions, changes, equipment handling covered in order to ensure a safe and smooth day for everyone.

Dane Bridge is moving up from vice president to president and he has shared his commitment to taking up the role of president and invited suggestions and feedback from the membership. He is looking forward to the coming year. Great thanks to Barb Brunton who will support Dane in the past president role. Peter Kubica has finished his “reign” but will move to the role of Chief Incident Reporter. Thanks also to the Social team who provided snacks and drinks.

The full set of reports and minutes is posted on the website.

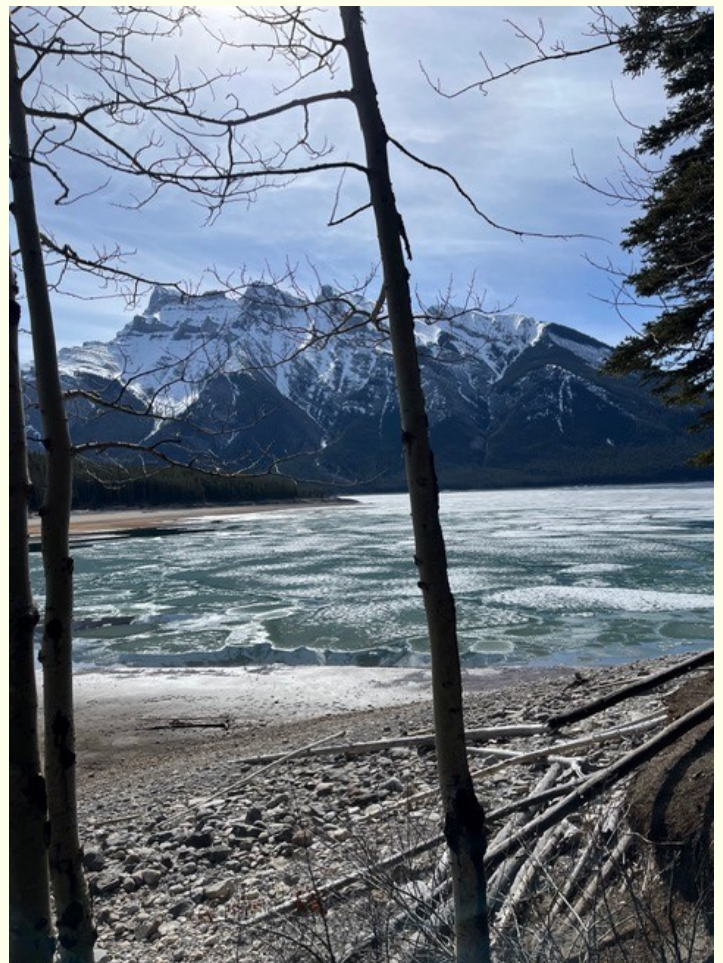
Seeing no nominations from the floor, the Board was elected by acclamation:

Dane Bridge President  
Elizabeth Whitehouse Vice-President  
Barb Brunton-Johnstone 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 Transportation Director  
Harold Kroeger Transportation Director  
Jennifer Aikenhead Social Director  
Kim Tidswell Social Director  
Peter Dankers City Hikes Coordinator  
Joan McLean Newsletter Coordinator  
Carol Morris Telephone Coordinator  
Cheryl Whitehead Membership Support Coordinator  
Peter Kubica Chief Incident Coordinator

## Save the Date

Plan to attend the Summer Barbeque

July 25th, 2024 at Boundary Ranch



Lake Minnewanka, P. Quarrie

# The Bears are Out

## Hike in a Minimum Group Size of 4 People

It's that time of year again. Hiking season has begun. Most of us are keen to get out on the trail and explore the valleys, meadows, ridgelines and the odd accessible peak. But as we start to lace up our boots, bears are shaking off their cobwebs from winter hibernation and are now roaming around in search of food. The chance encounter between hikers and bears, while not an every day event, does occur. And the consequence of this can be frightening and dangerous with potential life-threatening outcomes.

It's a reminder that all club members need to be alert and follow basic safety principles when traveling in bear country.

**Parks Canada identifies the following best approach to AVOID an encounter:**

- **Make Noise:** Let bears know you're there particularly where sight lines are poor;
- An easily accessible **whistle** attached to your pack or jacket makes a very effective noise-maker;
- **Watch for fresh bear sign:** Tracks, droppings, diggings, turned over rocks – leave the area if the signs are fresh;
- **Larger size groups** are less likely to have a serious encounter. *They recommend hiking in a tight group of four or more;*
- **Use official trails only;**
- **If you come across a dead animal leave the area immediately;**
- **Carry bear spray and know how to use it.**

*The club has long standing policy of hiking in a minimum group of 4 people and values the guidance provided by Parks Canada. It is our expectation that everyone will stay in a tight group with at least 4 people throughout the hike (there and back).*

If we **all** follow these simple guidelines, our risk of having a tragic bear encounter will be significantly reduced and we can look forward to a dynamic and rewarding season of hiking.

<https://parks.canada.ca/pn-np/mtn/ours-bears/securite-safety/ours-humains-bears-people>

<https://parks.canada.ca/pn-np/mtn/ours-bears/securite-safety/gaz-spray>

Steve Wittingham has put this together for us as a summary of bear safety for us to be aware of at this time of the year. A long version including cougar safety will be posted on the web-site.

This article was also sent as an email. Watch your email for notification of further important safety info.

## **New Leadership**

Our new President Dane Bridge and Vice President Elizabeth Whitehouse. Again we are lucky to have these two talented people come forward to lead the club. Thank you, Dane and Liz.



## **Volunteer Shoutout**

Thanks go out to all the volunteers who make this club great. The board of course, and the day leaders who take so much care with each event to provide a fun and safe adventure for us each week of the year.

For example, each week we need radios charged, and thanks to those that have taken on that task in recent months. Thanks to Joan Reinhardt for taking care of radios this season.

Setsuko Moulton will plan the Gift Raffle Basket in the fall. Thank you, all.



## Lake Minnewanka

This turned out to be a perfect destination to replace Ha Ling Peak. We will save that one for another day. May 9, 2024

Photos P. Quarrie

And J. McLean



# Name that Newsletter

I noticed that some other newsletters have nifty names and I thought it might be interesting to rename our newsletter into something more interesting and creative, and perhaps reflective of who we are.

In the past the newsletter has been called:

Evergreen Spring Newsletter

Evergreen Summer/Autumn Newsletter

Evergreen Summer/Fall Newsletter

Evergreen Winter Newsletter

So, who can come up with an idea that inspires? Let me know your ideas and we can think it over. Right now, the name mostly keeps me publishing in the right season. I am sure I can do better. I will report back to you in the newsletter formerly known as the Evergreen Summer/Fall Newsletter.

## The Last Word

Carol Rose-Skelly says, “Goodbye Winter.”

