

Evergreen Seniors Outdoor Club Summer 2025



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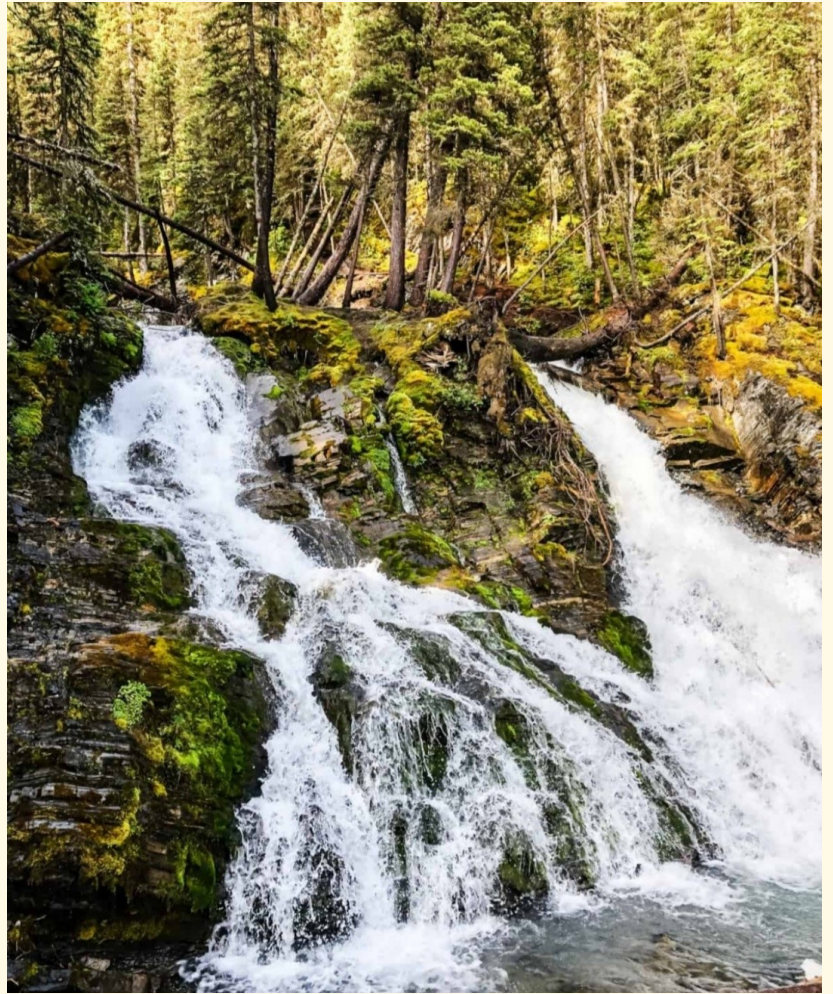
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Inspiration

This is from a good friend who lives in Kingston Ontario. Every time that I hike, I send out a SPOT satellite message from the top of the trail. It goes to spouse Jane, sons and a few friends including Rudi in Kingston. Remarkably, he composes a poem and sends it back to me each time. I thought this a particularly good one from a hike around the Upper Kananaskis Lake:



Upper Kananaskis Falls
Underneath the mountains' walls
Indefatigable, standing tall
Walking there, amongst them all

The mountains who have towered for ages
Of poems written, countless pages
Their beauty measures beyond all gauges
Around them, storms and winds there rages.

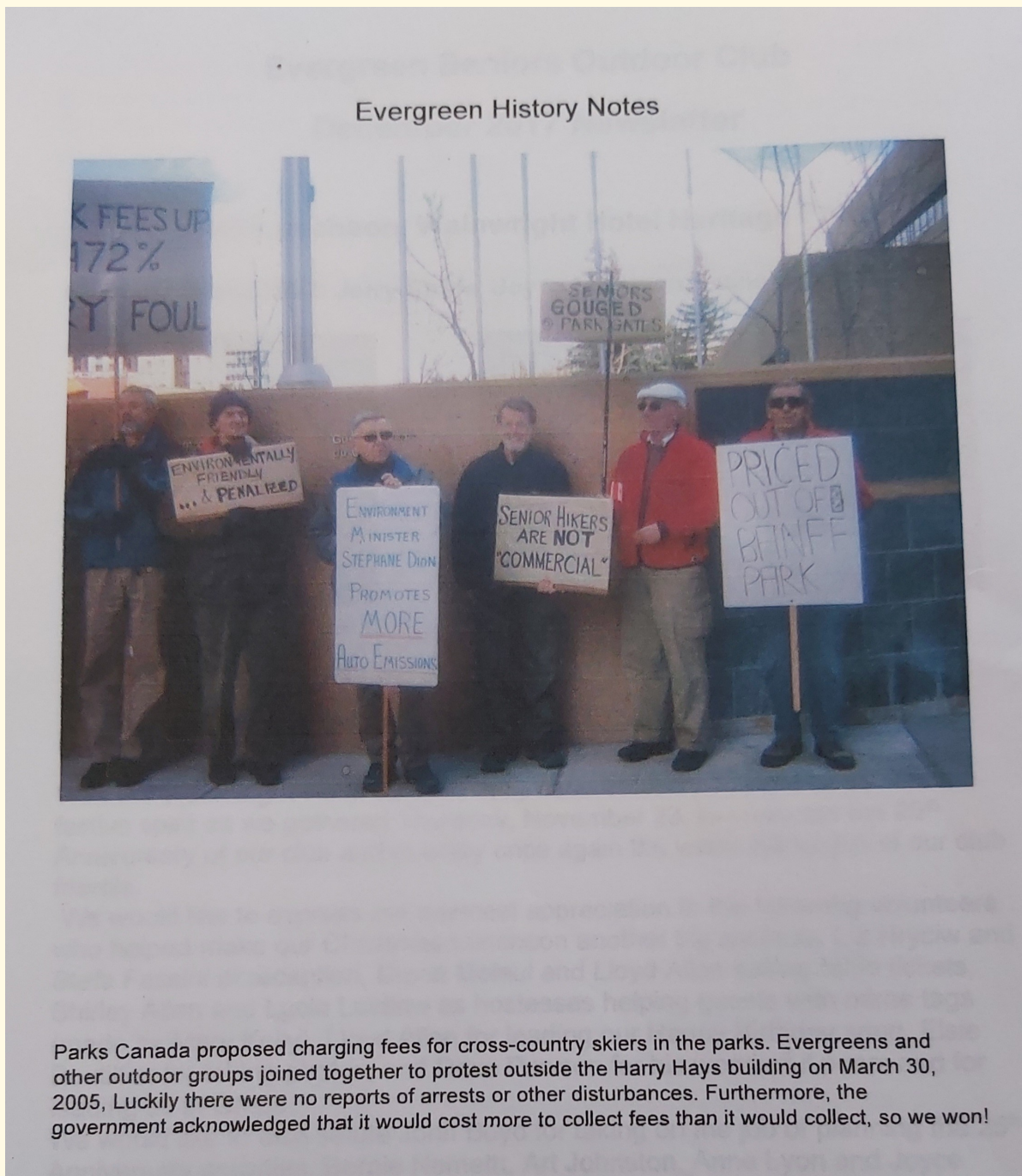
A hike amongst those peaks and spires
To nothing better could you aspire
While nature's splendour you admire
You and those mountains, climbing ever higher...

Submitted by Greg MacKenzie

History Repeats Itself

The following screenshot is taken from a newsletter published in 2005. Last year the board decided to clean up and organize club records. That meant disposal of some old newsletters for one thing. Now that most things are stored on line, I thought I would have a look see at them before they hit the shredder.

This article jumped out at me because there was talk of new fees for bus riders going to the National Park this year. Some of you may recognize people in the picture, or even be one of the protesters who spoke out against fees for cross country skiers.



July 2025 Selkirk Mountain Experience

An adventurous group of Evergreeners with some partners, friends and one sibling flew to Durrand Glacier Lodge by helicopter. We all weighed in first, as there was a 25 pound limit on bags and packs. For some (ME), this was a first time experience - exciting! After introductions, we set out for our first hike with our great guides (Ben, Eva and Nick). While the weather was good, there was still some snow to travel through. We often had some rain later in the day but nothing that held us back from enjoying the spectacular scenery.

Each afternoon, after we returned from hiking, there were delicious snacks prepared by a fantastic chef, who made us some delectable dinners too. (The risotto was my favourite. :-) We relaxed in the sitting room before dinner with some wine and beer and enjoyed chatting about our day. We hiked in 2 different groups, depending upon our comfort level. The flowers were gorgeous and at their peak. A memorable lunch stop for both groups was the Upper Goat Cafe, where Nick made us espresso.

Many thanks to Pete Serafini for organizing this terrific trip. So many wonderful memories.

Carol Rose-Skelly

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If you can't fly, then run.

If you can't run, then walk.

If you can't walk, then crawl.

But whatever you do, you have to keep moving forward.

- - - Martin Luther King Jr.

Selfie

Shockingly this selfie is neither an original idea or a new idea. I thought it would be interesting to review the history of the selfie thinking it would be something like: 2000 phones got cameras, then the Iphone could be turned in two directions, some kid in Grade 8 took a picture of herself and showed it to her friends, then everyone started to do it. Eventually, even seniors learned how to use their phone to take pictures of themselves and their friends. (Getting their friends to look at the camera came much later.)



However, this turned out to be mostly wrong. The first Selfie was considered to be one by Robert Cornelius taken 1839 with a camera. I was however exactly correct (according to Google) about the introduction of cameras on phones. The front facing feature was also introduced in 2000 and the word “selfie” was coined in 2002. Here is John McLean’s selfie, taken at Wind Ridge June 2025. (No photo credit required, which is helpful for disorganized editors.)

PS The subjects in this picture were probably just looking at another gorgeous view.

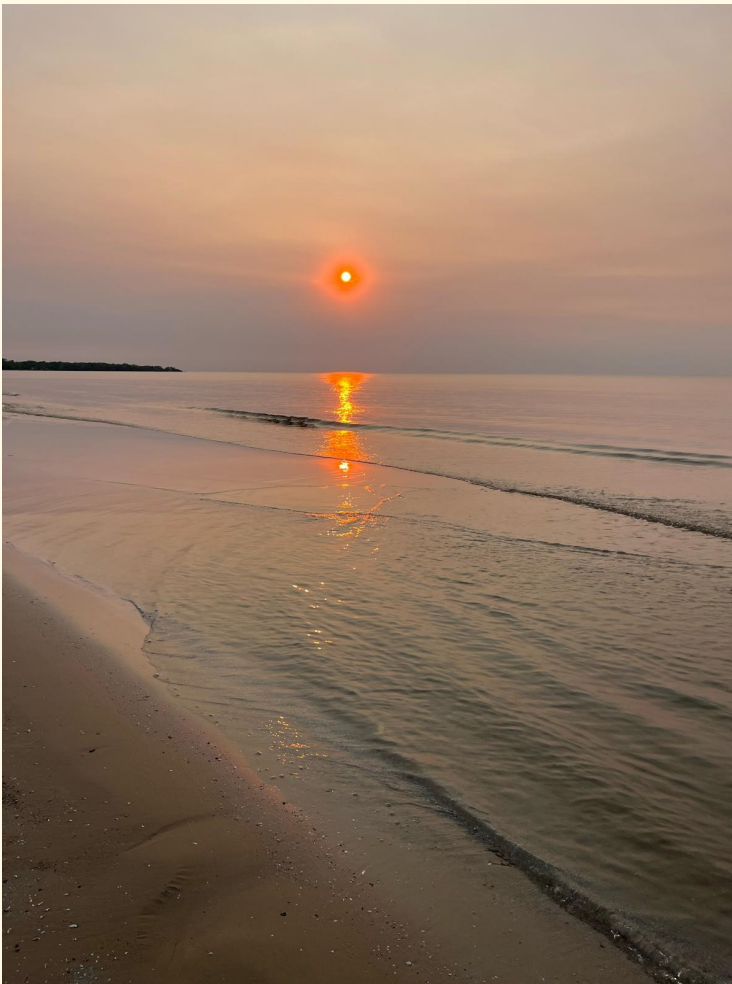
Volunteer Shout Out

Thanks again to the many people who dedicate time to make the club function smoothly. It takes many people to plan the schedule, plan the day trip, lead the hikes and keep the bus rolling. Not to mention the Social Crew who plan out Summer BBQ at Boundary Ranch. **Be sure to save the date for the fall banquet Thursday, November 20th at the Glenmore Inn.**

Thanks also to Dane who shared articles of interest to members. And special thanks from me for those of you sharing your photos and articles. I love the pictures of people, like the cover shot from Shelley L. Great people is what makes this club so wonderful.

Thanks to Sharon Hanwell who is our secretary. She is fantastic at recording the minutes and keeping records in shape. The minutes for the most recent meeting will be emailed to members soon.

The Last Word



As the sunset approaches the point we call Kettle Point, we know that summer is over and it is time for us to head west. The sun dropping into Lake Huron makes the most spectacular sunsets and we enjoy many of them. The community here celebrates The Last Sunset of the end of the summer holidays. I prefer to call it: “The final sunset before the kids have to go back to school, the one just before we have quiet days on the beach and a few more days of warmth and maybe some more swimming. It is the one we see shortly before we feel a little bad that the kidlets are in school and we are enjoying the outdoors.” (Maybe a bit wordy.)

Editor Joan McLean and Sidekick John