



## Spring 2018

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**The Durham Outdoors Club (DOC) is a volunteer organization:** Members are encouraged to volunteer based on their personal abilities, experience and areas of interest, to organize and run events and activities and/or assist in the management of the club's affairs. The club's survival, as well as the quality of the membership experience for all members, depends on each member's participation.

### GENERAL MEETINGS

All members and those interested in joining the club are encouraged to come out to the general meetings. Past events are reviewed, new events are put forth and current business is reviewed. Generally, there is a presentation by a speaker on a topic or an event of interest to members. Meetings are held on the last Tuesday evening of each month, except July and December.

PLACE: Faith Place, Cana Hall, 44 William St., W., Oshawa (corner of Centre and William sts.)

TIME: 7:30-9:00 p.m.

DATE: Last Tuesday of every month, except July and December.

### PRESIDENT'S MESSAGE

Well, spring officially arrived Tuesday, March 20 at 9:16 a.m., and we all remembered to change our clocks forward an hour before we went to bed 10 days prior, didn't we?

As my two-year term as president of DOC comes to an end, this will be my last president's message to you, our members. Elections for your executive team will be held at the April general meeting and I encourage you to become involved by putting your name forward to take on an executive position. We have an excellent team of both executive and coordinators working well together to guide the club. I will continue to be involved as I assume the role of past president, helping our new president transition into the role, answering questions and pitching in as required.

So, here's my parting advice for the coming season: for hiking and walking: comfortable and sturdy shoes/boots and a hiking pole; for biking: helmet, lights and bell; for canoeing: life jacket. And for everything: bug spray, hat and sun screen, snacks and water, safety equipment, enthusiasm and a sense of humour!

Enjoy spring in the great outdoors!

Deborah



## Notes from the Executive

We are always looking for someone of interest to speak at our monthly meetings. Please make suggestions to members of the executive so we can provide informative talks at meetings. Remember to forward any ideas for urban, canoeing, hiking, walking, biking, skiing or other activities to the coordinator (listed on back page).

**Hike Leader Training** – Hike Leader Training is available through Hike Ontario ([www.hikeontario.com](http://www.hikeontario.com)). Please consider this one-day course if you are interested in becoming a certified hike leader. Our club will reimburse a portion of the cost of training once candidates have led three hikes or other activities following training. Check the Hike Ontario website for upcoming training opportunities.

**Pets on Hikes and Walks** – Before bringing a pet on a hike or walk, you must check with the leader to be sure pets are welcome, as some participants may be uncomfortable around dogs. All pets must be on a leash, and owners must clean up after their pets.

**First Aiders Needed** – If you are a registered and up-to-date holder of a St. John's Ambulance or other first aid certification, please contact a member of the club's executive. A roster of qualified first aiders may make a difference to the need for future training.

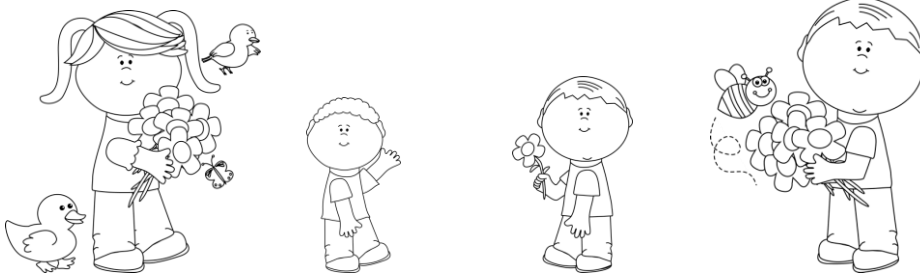
## Letter from the Editor:

Well, we've had fun together haven't we? I've written about eight of these newsletters now, and I suppose this is my last. Thanks for the fun, and for the chances to share your stories and adventures.

Things have changed a bunch around here though, and with a change in career, intense family schedules, and so many other things going on, I'm giving up this post. I have some tips for whoever takes it over though:

1. Find a template you love and follow it. But not too closely. There will always be something to tweak.
2. Surround yourself with people who are invested in the events, and who really care about their success. They will make sure you get everything right.
3. Make sure the pictures look good in black and white. Colour tells lies, but black and white is honest.
4. Have fun, but not too much fun. Be serious, but not too serious.
5. When you have no idea what an acronym stands for, assume no one else knows either.
6. Respect your proofreaders. Especially the ones who use a lot of red. They are protecting you.
7. Don't let your lips make a promise your butt can't keep.

That list looks like a template for a few things other than a newsletter. But I'm not getting all deep and sappy here.



I hope you keep having adventures. I hope we meet on the trails. If we do, I promise I'll hit you up for a granola bar. Unless the boys get them from you first.

Chris

# Regular Club Activities

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Ensure that you are sufficiently prepared for all events with: appropriate foot-wear, hat, mitts, extra socks, a change of dry clothes, backpack, water and a snack. Come prepared for all conditions including rain and mud. Wear comfortable boots and dress in layers so you can remove or add layers to be comfortable climbing hills or standing exposed to the wind.

## Wednesday Neighbourhood Walks

These walks take place every Wednesday evening from mid-April until mid-September. They start at 6:45 p.m. and go for approximately 1 1/2 hours. Walks are usually rated easy or moderate and the terrain is generally flat - usually city streets, bicycle trails or nearby conservation areas.

## Hiking

Our hikes are rated based on ORTA guidelines so you can judge if they are suitable for your capabilities.

- Slow:** 3 km/hr. (family friendly)
- Moderate:** 4 km/hr.
- Fast:** 5 km/hr.

Hiking poles are recommended especially in hilly areas or where there has been a recent thaw and conditions have become frozen again. Pack a lunch and hot drink if the hike is for the day. If you are carpooling with someone, make sure you take a plastic shopping bag with you for your muddy boots and offer to help with the cost of gas.



You will need icers or snowshoes in the winter; sunscreen and bug repellent in other seasons.

## Cycling

Welcome spring and cycling already! Can't wait to get out and enjoy another season of cycling! Hope you can join us; everyone is welcome whether as a participant or to suggest a new route, or lead us on a new route or just some of our old favourites.

We like to classify our rides as easy to moderate, usually from 30km to 50km. Working up to 50km is quite easy if you participate in all of our rides or ride on your own on other days.

All bicycles must be in good working order and we encourage you to get your bike tuned-up right about now so it will be ready come April and May.

Your bike must have a bell and you must wear a helmet, good footwear and no loose clothing. We encourage you to have a light on your bike, preferably both in the front as well as the back of the bike, as well as a light on your helmet. Also cyclists must carry at least one spare tube - two is better - and always bring water, plus a snack for extra energy.

See you on the rides!  
Elinor and Bob

## Canoeing

Most of our canoe trips tend to be flat-water trips; that means we mainly paddle lakes and creeks with little current. Flat water trips are rated by length, pace of trip, remoteness in wilderness areas as well as length and the number and ruggedness of portages.

It is important to remember that cold water, strong winds and changing weather conditions can create dangerous situations for any paddler, no matter how experienced or skilled they may be. To come out on any overnight trip some camping and wilderness skills are required. The ability to perform basic paddling strokes and some knowledge of canoe rescue techniques are required from Novice up.

If in doubt check with the trip leader.

We rate by four categories:

<b>EASY</b>	Usually day tripping on small sheltered lakes or slow moving creeks with very little or no portaging. Base camp trips depending on area and trip. However some exploratory base camp trips can be strenuous. Check with the leader. Distance: approx. 10 km.
<b>NOVICE</b>	Easy paddling on small to medium lakes, one to three short easy portages in an easy wilderness area. Overnight trips. Distance: approx. 15 km +.
<b>INTERMEDIATE</b>	More strenuous paddling on larger lakes, longer length of trip. Paddler must be able to paddle in moderate windy conditions and choppy water. Distance approx. 20 km.
<b>ADVANCED</b>	Large lakes and flowing water. Paddler must have extensive experience in canoe and ability to pack up camp, set up again, and paddle day after day. Trips can be several days long to over a week. Strenuous portages, often no set path and very rugged, with distances up to and more than 3 km long. Paddling distance per day can be 25kms+.



## Urban Events

Club members are encouraged to get together for games nights, bowling, the theatre, musical performances, educational opportunities, outdoor shows and a range of social and cultural events throughout the year. These often incorporate an element of the outdoors such as camping, walks or hikes. Members are responsible for any admission fees and transportation.



## EVENTS SCHEDULE

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**IMPORTANT:** Visit our website to download copies of the newsletter and to check for new activities as well as updates to times, dates and venues for planned activities, and for cancellations.

Activities start promptly at the stated start time. Please arrive 10-15 minutes prior to the start time to get organized and sign the waiver form.

[www.durhamoutdoorsclub.ca](http://www.durhamoutdoorsclub.ca) and now on Twitter! Please follow @Durham\_Outdoors

And don't forget our Facebook page – [Durham Outdoors Club!](#)

## April 2018

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### Easter Hike and Brunch in Pickering

Hike – Easy – 10 km

**Sunday, April 1 – 9:30 am**

**Meet at:** Parking lot on west side at bottom of Sandy Beach Rd., north of the wind turbine.

**Directions:** From Bayly St. (between Liverpool Rd. and Brock Rd.) turn south on to Sandy Beach Rd.

**Description:** Enjoy the Waterfront Trail. Optional brunch afterwards.

**Contact:** Jackie – (905) 668-8416

### Wednesday Walk – Pickering Streets and Trails

Walk – Moderate – 1 to 1-1/2 hrs

**Wednesday, April 18 – 6:45 pm**

**Meet at:** Pine Ridge Secondary School, Liverpool Road north of Finch.

**Contact:** Barbara – (905) 839-7600



### Urban Event – Board Game Night

BYO Board Game

**Friday, April 20 – 7:00 pm**

**Meet at:** Barb's House. Call for address.

**Description:** Bring a favourite board game and snack.

**Contact:** Barbara – (905) 839-7600

### Hike – East Cross Forest

Walk – Moderate – 12 km – 2 hrs

**Sunday, April 22 – 9:00 am**

**Meet at:** North Parking Lot - Travel north on Regional Road #57. Turn right at Devitts Road. Destination is at 4560 Devitts Road, Scugog.

**Description:** Hike in East Cross forest conservation area. For more details see: <http://www.kawarthaconservation.com/conservation-areas/durham-east-cross-forest>

**Contact:** Scott Nokleby 905-259-3896 or  
scott.nokleby@gmail.com

### **April General Meeting**

**Tuesday, April 24 – 7:30 pm**

**Meet at:** Faith Place, Canna Hall – 44 William St. W., Oshawa

**Description:** Elections day for DOC executive positions

It's time again to put your name forward for a leadership position to guide your club onwards and upwards! The club needs you to use your skills to help it survive and grow. We all benefit from a healthy showing and democratic process. We will have two!! 50-50 draws for this meeting.

### **Hike – Seaton Trail Hike**

Walk – Moderate – 5 km – 2 hrs

**Sunday, April 29 – 10:00 am**

**Meet at:** CALL

**Description:** Mid section of Seaton Trail. Be ready for a stair climb. Bring water, snack.

**Contact:** Barbara – (905) 839-7600

## **May 2018**

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### **Wednesday Walk – Ajax Lakeview Trail through Trillium Woods.**

Walk – Moderate – 1 to 1-1/2 hrs

**Wednesday, May 2 – 6:45 pm**

**Meet at:** Park outside the pavillion on Lake Driveway W. Take Westney Rd. S. and turn right towards the lake at the Giant Tiger store.

**Contact:** Barry – (905) 683-4444

### **Canoe Tripping – Kawartha Highlands**

Canoe Tripping – Novice – 20 km – 2 Days

**Saturday, May 5 – Sunday, May 6**

**Meet at:** Kawartha Highlands

**Description:** A beginner trip into Sucker Lake with only two short portages. We will canoe and camp on Catchacoma lake and a few others.

Good introduction into canoe tripping in a semi-wilderness environment.

**Camp Fee:** \$12 – Max 4 canoes

**Contact:** Mike Thomas – (905) 666-2788 or  
[mrgt@Rogers.com](mailto:mrgt@Rogers.com)



### **Cycling – Lakeview Park Bike Ride**

Cycling – Moderate – 30 km – 1.5 hrs

**Sunday, May 6 – 9:45 am**

**Meet at:** West parking lot at Lakeview Park, Oshawa.

**Description:** We will cycle west of Whitby along the Waterfront Trail and return.

**Contact:** Roy Crooks – (905) 434-9861

### **Wednesday Walk – Bowmanville Valley Lands and Fish Ladder**

Walk – Moderate – 1 to 1-1/2 hours

**Wednesday, May 9 – 6:45 pm**

**Meet at:** Bowmanville Rotary Park at crossroads of Queen and Temperance streets (One block south of King).

**Description:** Walk through the valley lands with a stop at the fish ladder then back through Bowmanville Streets.

**Contact:** Jeannie – (905) 263-8234

### **Cycling – Courtice & Bowmanville Loop**

Cycling – Moderate – 32 km – 1.5 hrs

**Sunday, May 13 – 8:45 am**

**Meet at:** Courtice Community Centre.

**Description:** We will be riding from the Community Centre, along Trulls Rd., Holt Rd. and Energy Dr., and on the Bowmanville and Nash Rd. loop.

**Contact:** Glenna Christenson – (905) 579-2011



### Wednesday Walk – Historic Pickering Village

Walk – Moderate – 1 to 1-1/2 hrs

**Wednesday, May 16 – 6:45 pm**

**Meet at:** Park at Forest Brook Community Church, NE corner of Elizabeth St. and Kearney Dr. Ajax. Elizabeth St. is two blocks west of Church St. off Hwy 2.

**Description:** Walk Historic Pickering Village.

**Contact:** Bob – (905) 683-8703

### Wednesday Walk – Walk in Second Marsh

Walk – Moderate – 1 to 1-1/2 hrs

**Wednesday, May 23 – 6:45 pm**

**Meet at:** Park at bottom of Farewell St. (Ed Kroll Memorial Entrance.)

**Contact:** Jeannie S. – (905) 728-8051

### Cycling – Oshawa Trails

Cycling – Moderate – 30 km – 1.5 hrs

**Sunday, May 27 – 8:45 am**

**Meet at:** Kedron Park north Oshawa, just off Britannia St. East, accessible only from Ritson Rd. North, Oshawa.

**Description:** Cycle quiet Oshawa streets from north Oshawa to the Harmony Creek trail, and down to the Waterfront Trail. Cycle west to Oshawa Creek trail, stop at either Lakeview Park for a break; or in downtown Oshawa. Return on quiet streets and trails back to Kedron Park. Mostly paved streets and trails.

**Contact:** Elinor – (905) 721-8897 or

[Elinor.malor@hotmail.com](mailto:Elinor.malor@hotmail.com)

### Hike – Long Sault Conservation Area

Walk – Moderate – 10 km

**Sunday, May 27 – 9:00 am**

**Meet at:** Pay parking lot: Travel north on Regional Road #57. Turn right at Regional Road #20. Turn left at Woodley Road

**Description:** Hike in Long Sault Conservation area. For more details see:

[http://www.cloca.com/con\\_areas/CAlongsault.php](http://www.cloca.com/con_areas/CAlongsault.php)

**Contact:** Scott Nokleby. – (905) 259-3896

### May General Meeting

**Tuesday, May 29 – 7:30 pm**

**Meet at:** Faith Place, Canna Hall – 44 William St. W., Oshawa

**Speaker:** Rick Stronks, Assistant Superintendent, Algonquin Provincial Park

The Bear Facts - What you need to know to live or camp in bear country.

### Wednesday Walk – Harmony Valley Park

Walk – Moderate – 1 to 1-1/2 hrs

**Wednesday, May 30 – 6:45 pm**

**Meet at:** Meet and park near dog park on Rathburn St. off Grandview St. N.. Drive east on Rossland Rd. And turn north.

**Contact:** Jill – (905) 837-5151

## June 2018

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### Canoe Tripping – Algonquin Highlands

Canoe Tripping – Novice – 20 km – 2 days

**Saturday, June 2 – Sunday, June 3**

**Meet at:** Big Hawk Lake

**Description:** Weekend canoe trip in Algonquin Highlands on the Nunikani loop. This trip has 4 portages from 300 – 400m long.

**Camp fee:** \$12 – Max 4 canoes

**Contact:** Mike Thomas – (905) 666-2788 or

[mrgt@Rogers.com](mailto:mrgt@Rogers.com)

### Cycling – New Heber Down Bike Path

Cycling – Moderate – 30 km – 1.5 hrs

**Sunday, June 3 – 8:45 am**

**Meet at:** Parking Lot behind Corrado's – 38 Baldwin St. Whitby

**Description:** We will be cycling on a new paved trail through Heber Down to Taunton Rd.

**Contact:** Margot – [MargotDixon@sympatico.ca](mailto:MargotDixon@sympatico.ca)

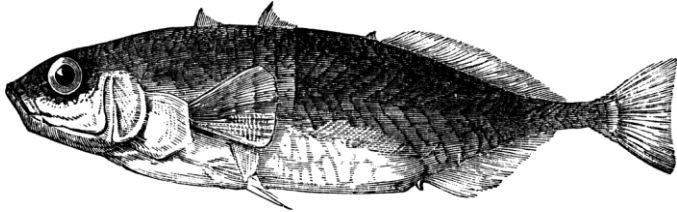
### Wednesday Walk – Duffins Creek Walk

Walk – Moderate – 1 to 1-1/2 hrs

**Wednesday, June 6 – 6:45 pm**

**Meet at:** Meet and park outside Sauter's Inn, corner of Elizabeth St. and Kingston Rd.

**Contact:** Barbara – (905) 839-7600



### Hike – Heber Down Conservation Area

Walk – Moderate – 10 km – 2.5 hrs

**Saturday, June 9 – 10:00 am**

**Meet at:** East end of Lyndbrook Rd., north of Taunton, east of Country Lane, Whitby.

**Description:** North and south loops with possible drop out half way.

**Contact:** Deborah – (905) 430-3320

### Canoe Daytrip – Lake Scugog

Canoeing – Easy – 10 km – 3 hrs

**Saturday, June 9 – 10:00 am**

**Meet at:** Boat launch at Water and North sts. in Port Perry

**Description:** Day outing on Lake Scugog. Suitable for canoe or kayak. Weather permitting we will paddle to Goreski's for lunch then return to Port Perry.

**Contact:** Murray Skan – [sandy@durham.net](mailto:sandy@durham.net)

### Cycling – Whitby Waterfront Trail

Cycling – Moderate – 35 km – 2 hrs

**Sunday, June 10 – 8:45 am**

**Meet at:** Whitby Rotary Sunrise Park – Brock St. S.

**Description:** We will cycle the Waterfront Trail west to Liverpool Rd in Pickering. Stop on the boardwalk or coffee shop on Liverpool.

**Contact:** Elinor – (905) 721-8897 or [Elinor.major@hotmail.com](mailto:Elinor.major@hotmail.com)

### Wednesday Walk – Whitby Waterfront Trail

Walk – Moderate – 1 to 1-1/2 hrs

**Wednesday, June 13 – 6:45 pm**

**Meet at:** Meet at Heydenshore Pavillion

**Contact:** Dianne – (905) 442-3352 (text to reserve or cancel.)

### Cycling – Pickering Highland Creek Trail

Cycling – Moderate – 45 km – 2 hrs

**Sunday, June 17 – 8:45 am**

**Meet at:** West Shore Community Centre, 1015 Bayly St., Pickering.

**Description:** Cycle the waterfront trail and then onto the Highland Creek Trail. Some quiet streets and trail, mostly all paved. There will be a coffee stop as well.

**Contact:** Elinor – (905) 721-8897 or [Elinor.major@hotmail.com](mailto:Elinor.major@hotmail.com)

### 5- Day Backpacking Trip in Algonquin Park - Summer 2018

**Trip full - Accepting names for Waitlist.**

Backpacking

Overnight – Moderate – Slow Pace

**Monday, June 18 – Friday June 22**

**Meet At:** Mew Lake – Algonquin Park – 10:30 am

**Description:** Algonquin Highlands backpacking trail 34.9 km

Destinations include: Provoking Lake East, Harness Lake, Head Lake, Provoking Lake, and return to trail head. Late breakfast at Canoe Lake Restaurant before returning home.

**Contact:** Murray – [Sandy@Durham.net](mailto:Sandy@Durham.net)

### Wednesday Walk – Pringle Creek Trail

Walk – Moderate – 1 to 1-1/2 hrs

**Wednesday, June 20 – 6:45 pm**

**Meet at:** Meet and park in southeast corner of the Durham Region headquarters parking lot at Rossland Rd. and Garden St., Whitby.

**Contact:** Ray – (905) 668-0070

### Cycling – Lindsay Victoria Rail Trail

Cycling – Moderate – 45 km – 2.5 hrs

**Sunday, June 24 – 9:30 am**



**Meet at:** Victoria Park, 207 Kent St. W, Lindsay

**Description:** We will cycle north on the Victoria Rail Trail to Fenelon Falls and return. Stop in Fenelon Falls (ice cream or Tim's).

**Contact:** Elinor – (905) 721-8897 or [Elinor.major@hotmail.com](mailto:Elinor.major@hotmail.com)

## **June General Meeting**

**Tuesday, June 26 – 7:30 pm**

**Meet at:** Faith Place, Canna Hall – 44 William St. W., Oshawa

**Speaker:** Constable Darryl Rice, Durham Regional Police Services will discuss bicycle and road safety.

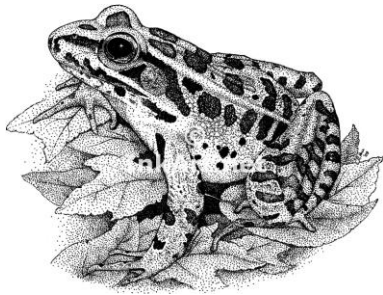
## **Wednesday Walk – Photowalk in Lynde Shores in Whitby**

Walk – Moderate – 1 to 1-1/2 hrs

**Wednesday, June 27 – 6:45 pm**

**Meet at:** Meet in Lynde Shores parking lot and bring your camera.

**Contact:** Dianne – (905) 442-3352



# Advance Notice

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## Urban Event – 4<sup>th</sup> Line Theatre Presents: Crow Hill

Theatre night

**Thursday, July 5 – 6:00 pm**

**Meet at:** 4<sup>th</sup> Line Theatre, Millbrook

**Description:** Life of an Ontario doctor in the 20th century. Tickets \$38.00

For this opening night performance there will be a complimentary reception following the performance.

Book and Pay by April 28.

**Contact:** Barbara – (905) 839-7600

[plantsbarbara@295.ca](mailto:plantsbarbara@295.ca)

# Beyond the D.O.C.

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## Forest Bathing Walk

Walk – Moderate – 3 hrs

**Saturday, April 28 – 9:45 am**

**Meet at:** Durham East Cross Forest, North Parking Lot on Devitts Rd.

**Description:** Details to be posted at <http://kawarthaconservation.com/>. Cost of \$20 per person

**Contact:** Dianne – (905) 442-3352

## Hike Ontario Summit

In partnership with the Ganaraska Hiking Trail Association, which is celebrating its 50th anniversary at Lakehead University in Orillia on September 28-30, 2018, Hike Ontario is planning a number of activities for anyone attending the Hike Ontario Summit.

Hike Ontario will be offering a number of workshops on Saturday, September 29, 2018. If you are interested in attending any of the workshops listed in the link below, please contact them to hold a space.

<https://www.surveymonkey.com/r/2018SummitPlan>



# Administrative Contacts and Schedules

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## EXECUTIVE FOR 2017 - 18

<b>President</b> Deborah (905) 430-3320 dmcorb@gmail.com	<b>Treasurer</b> Kaja (905) 571-4407	<b>Newsletter</b> VACANT
<b>Past President</b> Scott Nokleby (905)259-3896 or scott.nokleby@gmail.com	<b>Secretary</b> Coral (905) 721-2476	<b>Membership</b> Jeannie (905) 728-8051
	<b>Web Site Administrator</b> Catherine shearer kudel@rogers.com	

## EVENT CO-COORDINATORS 2017-2018

Please contact event coordinators with event suggestions or to lead an outing.

<b>Canoeing and Kayaking</b> Mike Thomas (905) 666-2788	<b>Wednesday Walks</b> (Spring/Summer) Coral (905) 721-2476 <a href="mailto:coralpetzoldt@hotmail.com">coralpetzoldt@hotmail.com</a>	<b>Urban Events</b> Ray Bartodziej (905) 668-0070
<b>Hiking</b> Mary (905)725-2874	<b>Cycling</b> Elinor (905) 721-8897 or <a href="mailto:elinor.major@hotmail.com">elinor.major@hotmail.com</a> Bob Astley(905) 433-1385	<b>Skiing</b> Elinor (905) 721-8897 or <a href="mailto:elinor.major@hotmail.com">elinor.major@hotmail.com</a>

## Meeting Schedule and Submissions

The Durham Outdoors Club meets on the last Tuesday of each month as outlined in the events schedule. This newsletter is published four times a year, and the executive meets quarterly. Please ensure matters for discussion by the executive or for inclusion in the newsletter are delivered in a timely manner.

	<b>Summer 2018</b>	<b>Fall 2018</b>	<b>Winter 2019</b>	<b>Spring 2019</b>
<b>Deadlines for Event Submissions</b>	July – September June 1	October – December September 1	January – March December 1	April – June March 1
<b>Executive Meetings</b>	June 5	September 4	December 4	March 5

