

DURHAM OUTDOORS CLUB

Fall 2018

The Durham Outdoors Club 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.

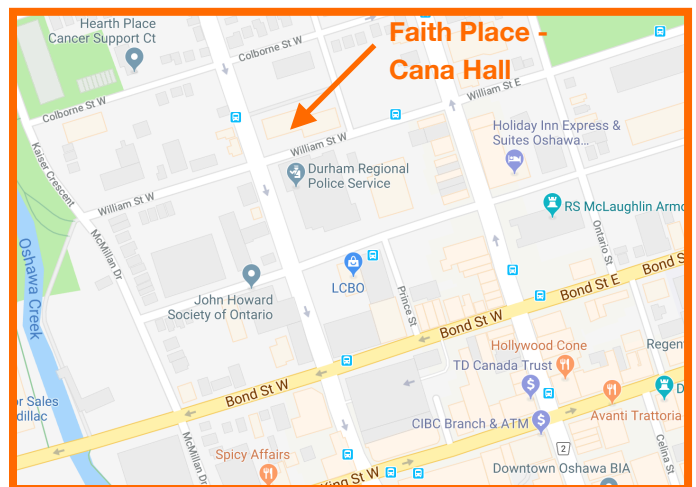
General Meetings

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 St and William St)

TIME: 7:30 PM - 9:00 PM

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



President's Message

What a summer that was! By the response at our last meeting many members were able to check off many items on their "Bucket Lists." I find it inspiring to hear people live like "it's never too late". A new season is upon us and the various co-ordinators are once again providing the membership with many options to enjoy autumn. It looks like there's something for everyone so let's get out there and make the most of it! - Ray

Updates 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 our general meetings. Remember to forward any ideas for hiking, backpacking, canoeing/kayaking, biking, skiing, walking, urban events or other activities to the appropriate Event Coordinator (listed at the back of the newsletter).

Hike Leader Training – Hike leader training is available through Hike Ontario (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 completion of the training. Check the Hike Ontario website for upcoming training opportunities.

Dogs on Hikes and Walks – Before bringing a dog on a hike or walk, you must check with the event leader to be sure pets are welcome, as some participants may be uncomfortable around dogs. All dogs 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.

Website Administrator Message

We are asking members to take photos during Club events and send them to the Club's email address (durhamoutdoorsclub@gmail.com), so that we can add them to the Club's Facebook page and website. Also, if you change your email address or mailing address please email the Club at durhamoutdoorsclub@gmail.com to let us know. - Catherine

Overview of Regular Club Activities

Hiking

Our hikes are rated based on the Oak Ridges Trail Association (ORTA) guidelines so you can judge if they are suitable for your capabilities:

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

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. Always pack lots of water.

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. **PFDs MUST be worn at all times while on the water.**

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:

CATEGORY	DESCRIPTION
Easy	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 approximately 10 km.

CATEGORY	DESCRIPTION
Novice	Easy paddling on small to medium lakes, one to three short easy portages in an easy wilderness area. Overnight trips. Distance approximately 15 km.
Intermediate	More strenuous paddling on larger lakes, longer length of trip. Paddler must be able to paddle in moderate windy conditions and choppy water. Distance approximately 20 km.
Advanced	Large lakes and flowing water. Paddler must have extensive experience in a 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 25+ km.

Cycling

The cycling season starts in April or May and continues into the Fall, depending on the weather. We classify rides as easy to moderate, usually from 30 km to 50 km. Working up to 50 km is quite easy if you participate in all of our rides or ride on your own on other days. Everyone is welcome, whether as a participant, to suggest a new route, or to lead us on a new route or just some of our old favourites.

All bicycles must be in good working order and we encourage you to get your bike tuned-up prior to the cycling season commencing. **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.

Cross-Country Skiing, Snowshoeing, and Winter Camping

In the winter months, the Club often goes cross-country skiing, snow shoeing, and winter camping. Members are encouraged to lead day trips and weekend trips. The club has gone on weekend trips to lodges and camps as well as dog sledding trips in the past.

For winter day trips, it is essential to dress in layers to deal with starting out 'cold' and then getting very warm after exertion. A light shell wind-breaker, long sleeve top of quick-drying material and a fleece vest works well. Avoid cotton. Bring a change of clothes, including socks. Wear sunglasses and consider sun-screen. Pack a light lunch and a hot drink (and take water with you on the trail). Extra gloves are a good idea. It is recommended to carry a small first-aid kit, hand warmers, and a cell-phone in your daypack.

Neighbourhood Walks

These walks take place every Wednesday evening from mid-April until mid-September. They start at 6:45 PM and go for approximately 1.5 hours. Walks are usually rated easy or moderate and the terrain is generally flat - usually city streets, bicycle trails, or nearby conservation areas.

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

IMPORTANT: Visit our website (www.durhamoutdoorsclub.ca) to download a copy of the Newsletter. You can also check the Events Schedule page for new activities as well as updates to times, dates, and venues for planned activities and for possible cancellations of events.

Please arrive a minimum of 15 minutes prior to the start time of an event to get organized and sign the event waiver form. Activities start promptly at the stated start time.

October 2018

Friday, October 12, 10:00 AM - Hike: Glen Major Area

Rated: Moderate

Distance: 6 km

Meet: The East Duffins parking area, also known as three rocks. Go north on Lake Ridge Road, turn left (west) on Myrtle Road. Head north (right) on Sideline 4 (Balsam) which is the first road heading north. Head north on Sideline 4, pass over the railway tracks and continue down and up the big hill, past the farm on the right. The marked parking lot is on the left.

Notes: None

Contact: Ruth - rannevan@hotmail.com

Sunday, October 14, 10:00 AM - Cycling: Rice Lake Area

Rated: Moderate

Distance: ~45 km

Meet: 9:45 AM for a 10:00 AM start. Meet in front of Rhino's Roadhouse on Rice Lake Drive N in Bewdley. Go north on Hwy 28, turn right on Ganaraska Road/County Road 9 and then take second left onto Rice Lake Drive N. Or if you take Ganaraska Road/County Road 9, cross over Highway 28 and Rice Lake Drive N is the second on the left.

Notes: Ride quiet roads of Northumberland from Bewdley to Alderville area and back via Harwood and Gore's Landing. Historic sites en route. Bring water, snacks and money for stops. Lunch at Rhino's in Bewdley afterwards if we wish. Contact Mary to confirm.

Contact: Mary - mary100perkins@gmail.com

Sunday, October 14, 2:00 PM - Hike: Long Sault Conservation Area

Rated: Moderate

Distance: 8 km

Meet: 1:45 PM in parking lot (Pay and Display Parking). Travel north on Regional Road 57. Turn right at Regional Road 20. Turn left at Woodley Road. For more details see: www.cloca.com

Notes: Dress for the weather.

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

Sunday, October 21, 9:30 AM - Hike: Duffins Creek/Trans Canada Trail

Rated: Moderate

Distance: 5 km

Meet: Meet at the parking lot 5th Concession north side, about 1 km west of Westney Road by the river.

Notes: Walking north towards the museum.

Contact: Barbara - plantsbarbara1@gmail.com

Sunday, October 21, 10:00 AM - Cycling: Peterborough to Lakefield

Rated: Moderate

Distance: ~40 km

Meet: 9:45 AM for a 10:00 AM start. Beavermead Park, 2011 Ashburnham Drive, Peterborough.

Notes: Cycling from Beavermead Park on the Rotary Greenway Trail and gravel rail trail to Lakefield and return. Suitable for hybrid bike. Lunch stop in Lakefield. Contact Roy to confirm.

Contact: Roy - 905-434-9861

Sunday, October 28, 9:00 AM - Hike: Durham Forest

Rated: Moderate

Distance: 8 km

Meet: Meet at the Parking Lot, East Side Concession 7, just south of the Goodwood Road.

Notes: We will loop the Maple, Pine, Spruce, and Oak trails.

Contact: Margot - 905-655-3770

Did you know...

The Durham Outdoors Club is on Twitter.
Follow us @Durham_Outdoors

**Sunday, October 28, 10:00 AM - Cycling: Waterfront Trail**

Rated: Moderate

Distance: ~55 km

Meet: 9:45 AM for a 10:00 AM start. Meet at the Whitby Go Station, south east parking lot.

Notes: We will cycle from Whitby along the Waterfront Trail to downtown Toronto. Coffee opportunity near Guildwood. Options, go for Chinese Food or coffee in Kensington Market area. Return home via GO train from the Exhibition stop and east to Whitby. Mostly paved trail and road. Part of the trail is on Highway 2, very short distance. Otherwise it will be quiet streets. Contact Mary to confirm.

Contact: Mary - mary.koziar@gmail.com

Tuesday, October 30, 7:30 PM - General Meeting

Meet: Faith Place - Cana Hall, 44 William St W, Oshawa.

Speaker: Richard Schwarz

Notes: Richard will give a presentation on spiders.

November 2018

Saturday, November 3, 6:00 PM - Urban Event: Dinner (6:00 PM) and Play (7:30 PM)

Meet: Restaurant TBA. Play at the Art Resource Centre. 45 Queen Street, Oshawa. Behind City Hall.

Notes: Shoestring Players present "The Long Road". Real life doesn't provide easy answers. Tickets \$15 - cash only at the door.

Contact: Jeannie - 905-728-8051

Sunday, November 4, 10:00 AM - Hike: Long Sault**Conservation Area**

Rated: Moderate

Distance: 8 km

Meet: Parking Lot (pay and display). Take Regional Road 57 north of Taunton Road to Regional Road 20, turn right and follow to Woolley Road, turn left and follow road to the end to Long Sault parking lot.

Notes: Walk forest trails.

Contact: Jeanne - 905-263-8234

Did you know...

The Durham Outdoors Club is on Facebook:

www.facebook.com/Durham-Outdoors-Club-426713477673351/

**Saturday, November 17, 1:00 PM - Hike: Rouge Valley**

Rated: Moderate

Distance: 6 km

Meet: Glen Rouge Campground parking lot. Highway 2 Pickering, West of Altona Road, entrance is on north side just west of the bridge over the Rouge River.

Notes: Walking forest trail. Bring water and snacks. Possible dinner or go for drinks after hike.

Contact: Jeannie - 905-728-8051

Saturday, November 24, 9:00 AM - 2nd Annual Ontario Winter Camping Symposium

Meet: Theatre of the Arts, University of Waterloo, Waterloo.

Notes: For details and tickets see: www.ontariowintercamping.ca

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

Saturday, November 24, 1:00 PM - Urban Event: Annual Beaches Walk

Meet: Meet in parking lot at Athens Pastries (the former Boardwalk Cafe), Lakeshore Blvd. East at foot of Coxwell. Turn right onto Ashbridges Bay Park Road (straight on if heading south on Coxwell; first left and continue into parking lot). Park near Athens Pastries & Cafe/Tim Hortons.

Notes: Walk the Boardwalk with Barry and then either browse through this trendy neighbourhood or join Mary in a tour of the stately homes and ravines to the north (with some browsing on the way back) and then stay for dinner. We have reinstated this as an Saturday event when the neighbourhood seems a little more lively. Sign up sheets will be at September and October meetings.

Contact: Barry - bcjneil@gmail.com

Sunday, November 25, 2:00 PM - Hike: Long Sault Conservation Area

Rated: Moderate

Distance: 8 km

Meet: 1:45 PM in parking lot (Pay and Display Parking). Travel north on Regional Road 57. Turn right at Regional Road 20. Turn left at Woodley Road. For more details see: www.cloca.com

Notes: Dress for the weather.

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

Tuesday, November 27, 7:30 PM - General Meeting

Meet: Faith Place - Cana Hall, 44 William St W, Oshawa.

Notes: Annual holiday get together. Please bring a food item or drink to share.

December 2018

Sunday, December 2, 10:00 AM - Hike: Uxbridge Countryside Preserve

Rated: Moderate with slopes and uneven terrain

Distance: 8-10 km

Meet: Main access point, with a parking lot, is at the end of the short road between Rona (8 Welwood Drive, Uxbridge, ON L9P 1Z7) and Walmart (6 Welwood Road, Uxbridge ON, L9P 1Y4) in the shopping complex off Highway 47 in Uxbridge.

Notes: Please arrive at 9:45 to sign waiver - hike starts at 10:00 AM. Dress suitably for the weather with icers/snowshoes, bring water and a snack. Possible lunch stop, after hike.

Contact: Irene - 905-985-6262 or odaat@powergate.ca

Saturday, December 8, 10:00 AM - Hike: Glen Major Area

Rated: Moderate

Distance: 8 km

Meet: The East Duffins parking area, also known as three rocks. Go north on Lake Ridge Road, turn left (west) on Myrtle Road. Head north (right) on Sideline 4 (Balsam) which is the first road heading north. Head north on Sideline 4, pass over the railway tracks and continue down and up the big hill, past the farm on the right. The marked parking lot is on the left.

Notes: None

Contact: Ruth - rannevan@hotmail.com

Saturday, December 15, 10:00 AM - Hike: Heber Down Conservation Area

Rated: Moderate

Distance: 10 km with option to drop out half-way

Meet: Meet at east end of Lyndebrook Road, north of Taunton Road.

Notes: Bring Christmas decorations - non-breakable environmentally-friendly - to decorate the trees.

Contact: Deborah - 905-430-3320

NOTE: There is no General Meeting in December.

Advance Notice

Monday, January 21 - Wednesday, January 23, 2019 - Snowshoe Trip: Limberlost Forest and Wildlife Reserve

Notes: Cost per person, includes lodging (shared accommodation) and 2 breakfasts: \$140. Must be paid in full by November 1, 2018. Sign-up sheet at September/October Club meetings or email for more information. Trip agenda will be sent out prior to the trip. To participate you must be a Durham Outdoors Club member and sign the appropriate waiver prior to the trip

Contact: Irene - 905-985-6262 or odaat@powergate.ca

Club Administration

Durham Outdoors Club Executive for 2018-2019

The Executive meets four times a year to review old business, new items, and upcoming events for the newsletter.

POSITION	NAME	PHONE	EMAIL
President	Ray Bartodziej	905-668-0070	raybarto@rogers.com
Past President	Deborah	905-430-3320	dmcorb@gmail.com
Secretary	Coral	905-721-2476	coralpetzoldt@hotmail.com
Treasurer	Kaja	905-571-4407	
Membership	Jeannie	905-728-8051	
Newsletter Editor	Scott Nokleby	905-259-3896	scott.nokleby@gmail.com
Website Administrator	Catherine	905-728-8349	durhamoutdoorsclub@gmail.com

Durham Outdoors Event Coordinators for 2018-2019

Please contact the appropriate Event Coordinator with event suggestions or to lead an outing. New events can be proposed at anytime, so you are encouraged to step up and lead an event for the Club.

EVENT COORDINATOR	NAME	PHONE	EMAIL
Hiking and Backpacking	Mary	905-725-2874	mary100perkins@gmail.com
Canoeing and Kayaking	Mike Thomas	905-666-2788	mrgt@rogers.com
Cycling	Elinor Bob Astley	905-721-8897 905-433-1385	elinor.major@hotmail.com
Cross-Country Skiing	Elinor	905-721-8897	elinor.major@hotmail.com
Neighbourhood Walks	Elinor	905-721-8897	elinor.major@hotmail.com
Urban Events	Barbara	905-839-7600	plantsbarbara1@gmail.com

Meeting Schedule and Submissions

The Durham Outdoors Club meets on the last Tuesday of each month (except July and December). The 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.

NEWSLETTER	WINTER 2019	SPRING 2019	SUMMER 2019	FALL 2019
Deadlines for Submissions	December 1, 2018	March 1, 2019	June 1, 2019	September 1, 2019
Executive Meetings	December 6, 2018	March 7, 2019	June 6, 2019	September 6, 2019