



# Lambton Outdoor Club WINTER 2011 - 2012

# NEWSLETTER

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LOC's 20th Anniversary. Some of our founding members helping plant the LOC tree. Carole Buck, Fern Noel, Tony and Barbara Ann Arnold details inside...Page 16.



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**Facebook**

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Do a **SEARCH** for Lambton Outdoor Club  
then click the **LIKE** button

# A Note from the President

~ Yahya Hemety

This year in November we are celebrating our club's 20th anniversary, honouring our rich heritage and commending the pioneers who built the foundation of the Lambton Outdoor Club. The dedication of a tree to this event was a great idea that the LOC Executive and the Social Committee proposed. It is an ideal gesture that commemorates our anniversary plus contributes to the environment.

Here I would like to say thank you to our past president Barb Batson and to the Social Committee for organizing the tree planting ceremony and picture taking event, which will be covered elsewhere in the newsletter. We also have many long serving members of our club who deserve to be recognized. I would ask the council to decide how we can do this while we are celebrating our 20th anniversary.

We are short of volunteers to take on the role of Vice President and distribution of newsletter. Please come forward to help our club to grow and maintain its activities. Our long serving members as committee chairs and members, and other responsibilities, are working hard and dedicating their time and effort to plan the best activities for Hiking, Cycling, Canoeing, Kayaking and Skiing. Please approach our chair committees and give your ideas to them for different activities and volunteer in the committees. We always need volunteers to help our committee chairs with the new ideas and new activities.

In my opening remarks at the beginning of my term at our AGM on September 19, I asked you all to present our club to young people as well, e.g. the college students. I would like it if Tony Arnold could volunteer to take the initiative to make a presentation of our club to Lambton College, by accompanying some of our committee chairs.

As I look over the activities, we have some very demanding events like Bruce Trail hikes, canoeing/kayaking in Killarney and on the French River, biking long distances, and cross-country skiing, which will be very suitable for young people as well.

Season Greetings to everyone. I wish a prosperous and healthy New Year in 2012 for each one of you and your extended families. A great way to start the New Year would be with the LOC New Year's hike on Sunday afternoon, January 1.



## President

Yahya Hemety ~ 542-3217

## Acting Past President

Barb Batson ~ 337-3454

## Secretary

Kim Smith ~ 862-1234

## Treasurer

Tony Abbott ~ 542-6273

## Newsletter Contributions

The Lambton Outdoor Club newsletter is published four times per year and distributed to paid up members as well as other clubs, organizations and some commercial outlets. Contributions are welcome. The editor reserves the right to make changes and use the contributions.

## Submission Deadlines

Deadlines for receipt of contributions from members or any committee heads are:

Feb 1 • May 1 • Aug 1 • Nov 1

The printed newsletters are usually in the mail within 3 weeks of the deadline.

## Please send submissions to:

### Editor

Greg West  
loceditor@gmail.com  
Skype: gregory.west

# Committees

Activity	Chair	Members
Canoe / Kayaking	Brian Seabrook: 542-2015	Jim Belair, John Elliott, Hank DeJong, Tim Lamberton, Stan Piskorowski, Fern Noel, Dave Butler, Greg West, Sharon Crowe
Cross Country Skiing	Jack Beaton: 332-8033	
Cycling	Margaret & John Lovegrove: 332-8033	Pat Polley, John Timar, Maria Vanderbeld, Kathy Ludanyi, Lynne McGowan, Jack Beaton, Susan Osso
Hiking	David Druiett: 869-2864	Carole Buck, Dick Carey, Ernie Lind, Rod Richmond, Doug Winch, Bruce Lester, Greg Hogan, Les Moir
Support	Chair	Members
Communications	David Druiett: 869-2864	Lyn Druiett, Denise Coleman, Joan Lind, Judy Lindberg, Brenda Paquette, Shirley Wolff
Membership	Bill Clark: 864-4118	
Newsletter	Greg West: 331-5067	Distribution: Barb Batson, Harold Batson
Publicity	Chris Richmond: 704-1113	
Social	Susan Carey: 869-6548	Helen Ballard, Joan Lind, Chris Richmond, Janet Chalmers, Aureole Holbrook, Kim Smith, Maria Vanderbeld, Carole Buck
Website	Tony Arnold: 542-1578	
2010-2011 Auditors	Martha Kratz & John Kratz	



## Lambton Outdoor Club

Go to Facebook and do a SEARCH for Lambton Outdoor Club then click the LIKE button - see photos, comments and more - lots of fun!

## Activity Articles Wanted

While you are on an LOC adventure why not take a few notes for a future article. We are always looking for stories about the many amazing treks we venture into.

Articles need only be 300 to 500 words. Photos submitted at full resolution.

Please email in your data to [loceditor@gmail.com](mailto:loceditor@gmail.com)

## LOC Online

**WEBSITE:** Check out our event and activity information, forms, a colour copy newsletter, photos, videos and more: [www.sarnia.com/groups/outdoor/](http://www.sarnia.com/groups/outdoor/)

### Website Contributions

Please send stories and photos (including where, when & who is in them) of recent LOC outings to Tony Arnold at: [bata@ebtech.net](mailto:bata@ebtech.net)

## Note From The Editor

All submissions for this newsletter will be acknowledged by email from the editor.

If you do not get an email, you must contact the editor at: [loceditor@gmail.com](mailto:loceditor@gmail.com)

Please continue sending in your photos (full resolution), articles and ideas.

## LOC Email

Send photos, suggestions or requests for information to:  
[lambtonoutdoorclub@gmail.com](mailto:lambtonoutdoorclub@gmail.com)

# ***Padding Report***

*Another season draws to a close...*

**A relaxing canoe trip on the French River...by Tony Arnold**

The date is 13th August 2011, the cock is crowing and I look at the clock, 5:00am, time to get up and get going, the guys will be here at 6:00am. Sure enough right on the dot Bud Teeple arrives followed by Les Moir and Phil Vallance. We hook up the canoe trailer and off we go to meet the rest of the group at the 402 truck stop. Just time to grab a coffee before Brian Seabrook, Denise Coleman, Lori Clancy and Jim Coleman arrive. Onwards we go to Hartley Bay marina where we will meet up with Jim Belair.

After a seven hour drive, with perfect road conditions, we arrive in the "Land of the Stick Wavers" and Jim Belair is there to greet us. After we pay for our parking fees and park permits, we load up the canoes and are on our way. Not too far down Hartley Bay the weather turns nasty with lightning and thunder getting closer and closer. I order everyone to shore....out on a lake in a canoe is no place to be when lightning is around. Luckily it soon passes and we are on our way again. We arrive at our campsite #612 and as we set up our tents the rain starts, so we scramble to put up a large tarp. Even though it is a little wet, our spirits are not dampened...in more ways than one...as if by magic there are hors-d'ouvres of fresh pate on crackers and wine being passed around, courtesy of Jim and Denise. Jim was trying hard to make a fashion statement in his nice blue plastic poncho. After a delicious supper it's not long before bed is calling. Next morning we are greeted by a beautiful dawn, the rain clouds have disappeared, not to be seen again for the rest of the trip. After a delicious breakfast of pancakes, cooked by yours truly, we head out for a leisurely paddle around Lake Wanapitei and Kentucky Club Island. The weather is great, sunshine and hardly any wind...perfect! That evenings supper, by chef Brian, was enhanced by corn on the cob cooked on an open fire..scrumptious. (Do you see a trend starting here...delicious, scrumptious?) It was at this campsite where there was a bit of a rudey about a bare bum, but I'm sworn to secrecy and can't say any more.

Next day we break camp and head down to the Elbow and campsite #622. The site had a perfect little inlet for safe storage of the canoes and kayaks. As we had arrived early we had plenty of time to relax in the sunshine, reading, swimming or just plain snoozing, also ample time for a nice cup of tea eh! Jim. The following day we did a couple of trips. In the morning we went to investigate the Dailes Rapids. On the way Jim Coleman caught a nice pike. We also saw an old alligator, these were steam driven boats used to tow the log booms down the river. You could still see the boiler, winches and steam engine. When we arrived at the rapids we took the un-charted portage path, which got us into a bit of bushwhacking, to get down stream of the rapids. Once there we found a nice shaded area, as it was soooo hot, where we had a very tasty lunch provided by Phil and Lori. In the afternoon some of us went for a paddle down to Bass Lake which was very scenic with lots of different rock formations. That evening, after a gourmet supper preceded by a very healthy coleslaw we watched as "Bud the Pyro" enflamed the camp fire which we all gathered around and had a bit of a sing-song accompanied by Tony on the harmonica. A fitting end to a great day.

The next morning we kicked off with a great nutritional breakfast of Red River Cereal and coffee with a hint of Bailey's (what a way to start the day) before breaking camp and heading back upstream through the Whales mouth and the French River Eastern Outlet to campsite #617 on Boom Island. Boom Island got its name during the logging era when logs were gathered into booms, near the island, and towed by alligator boat down river to the rapids. On the way to Boom Island we passed strange rock formations intertwined with old tree roots that looked like pieces of priceless artwork worthy of any art gallery. By the time we got to our site it was siesta time and everyone took a well earned snooze. In the afternoon there was more time for R&R.

# **Cycling Report - Fall in Canada**



The main theme in the last newsletter was “Springtime in Holland”, the theme of this one is “Fall in Canada” or at least North America. At the time of writing, our organized rides for the year are all over and by the time it is published, a lot of our bikes will have been put away for the winter.

We had a few rides in August: Jack Beaton’s ride to Port Lambton was rained out but quite a few of us decided to go the following week as an extended version of the Wednesday morning ride. Everybody was ready for lunch at the Dock’s Restaurant when we got there, particularly those who started from Sarnia. Kathy Ludanyi’s London to Dorchester ride was new but did take in some of the London bike paths that we have ridden on before. After dedicated research she picked out a good pub/bar place for lunch. Susan Osso’s St Thomas to Port Stanley ride was partly a repeat of the one last year but with some new parts added. Susan did manage to find a few hilly sections for us, just to prove that SW Ontario is not completely flat.

In September, Susan Rich organized a ride around Port Huron starting from and finishing at Vantage Point. Apparently quite a few people went, unfortunately Margaret and I were not able to take part because we were away on another cycling trip. The season finale was Pat Polley’s “Metric Century.” Pat had scouted rides of 60, 80 and 100 km but there were only takers for the 60 and 100k versions. Seven of us took the 100 km route and about the same number took the shorter ride that started somewhat later. Timing was arranged so that both groups could meet up a Skeeter Barlow’s for supper.

The cycling trip that Margaret and I were on in September was in the Cape Cod area and organized by “Bike and the Like”. We went on their Chesapeake and Ohio Canal trip last year and they are also the people who ran the Holland/Belgium trip back in May. We have found that their bike trips take in some good routes and are really good value for money. Everything is no frills but basically quite acceptable. The rides can be somewhat challenging at times – “rolling hills” is their euphemism for, well ... you can guess what. If anyone is interested in going on any of their trips, it would be a good idea to think about it soon because Roger and Suzie, who run the organization, are talking seriously about retiring.

A cycling committee meeting is scheduled for November where we will review the rides this year and start the planning process for next. If anyone has any suggestions for rides please contact me or one of the other committee members. Likewise if there are any bicycle maintenance items that are of particular interest, please let us know and we will use this as input for planning the start-of-the-year maintenance session.

John Lovegrove

Continued from page 4 - French River Canoe Trip

That evening saw a most beautiful sunset looking out across Main Channel. Next day we had decided to circumnavigate around Boom Island. We started off with a bit of a breeze in our faces which made paddling the canoes a little difficult, but once we were past Dead Dog Island into the small river it was very calm. We floated over beautiful white and yellow water lilies. At one point there was a large black stain on a white rock that looked like a witch diving into the water. We passed many enjoyable hours gathering firewood and dipping our paddles and having a relaxing shore lunch. Little did we know what was in store for us. As we rounded the point at Kentucky Club Island the wind hit us like a slap in the face. The wind had come up and was against us and the waves were 2 feet high with white caps. Needless to say that it was a very hard long paddle back to our campsite. Brian, Phil and Jim B, who were in kayaks, helped the canoers by throwing them a line and towing them a good part of the way, helping to keep the bow into the wind. Our last evening meal was presented by chef Jim Belair and was another resounding success. We must not forget our very own dish washer extraordinaire...Les, who went about his chores always with a smile on his face.

With tears in our eyes (almost) we say goodbye to the French River and return home with many good memories of the "Land of the Stick Wavers". This was a fantastic trip where everyone pitched in and shared in the camaraderie.

My many "Thank You's" go to Lori, Jim B, Les, Denise, Jim C, Bud, Brian and Phil for making this trip possible and so enjoyable.



Alligator



Phil



Les



The French River gang

# Another Paddling Report

Outdoor Club Canoe Trip to the Spanish River – Sept 1 – 7, 2011

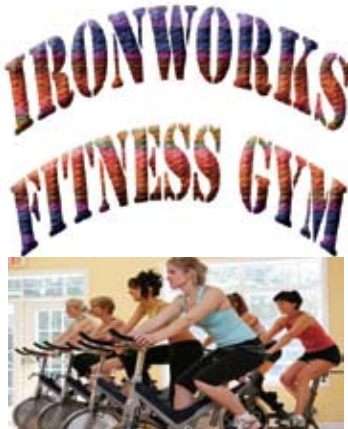
Why is there a Spanish River in Ontario? Spanish explorers never got anywhere near Ontario but according to the Espanola Ontario website the local Indians went on a raiding party to the American Southwest in about 1750 and brought back a woman ( described as a ravishing senorita )who proceeded to teach the locals Spanish and who produced lots of offspring with the band chief. No information as to whether she came voluntarily for the canoeing or for some other reason. We didn't hear anyone speaking the language there but the canoeing turned out to be wonderful so that could be the reason she came.

This trip was planned by Doug Winch, a great lover of the Spanish river, who was unfortunately unable to come because of family concerns. As the date approached, the participants; Ted and Rita Martindale, Paddy Deery, Mike Smalls, and Ron LaFlair worried that after a dry summer in the area northwest of Sudbury, the water levels might be too low for many of the rapids we hoped to run. Phone calls to the area were of little help. We were told only that levels were normal for the time of the year. We drove to Sudbury and were taken to our put-in spot at Duke Lake by a scouting associate of Doug. The Spanish has a lot of white water over the 147 kms. that we canoed but the first part traverses a number of small lakes and we faced headwinds on the first day. Next we had a long stretch of shallow water where we had to walk in the water pulling the canoes ( or more correctly 2 canoes and a kayak for the 5 of us )

We were starting to wonder if we had been wise to come.

Everything changed as if by magic when we came to the Forks, where the West branch of the Spanish joined us. All of a sudden we had lots of water and lots of chances to play in the many rapids, scouting them and running

Continued on page 8



611 Saint Clair St. Point Edward 519-336-6867

## JOIN ANYTIME

Any additional members to the group are welcome.

Please do not hesitate to call  
Joanne at Ironworks:  
for further information.

519-336-6867

## GROUP MEMBERSHIP RATES

### GROUP X 20

1 person: \$355.15

2 persons: \$355.15 each (\$710.36)

Family: \$1,025.24 (max. 4 immediate)

### GROUP 15-20

1 person \$390.67

2 persons: \$756.18 (sr. couples rate)

Family: \$1,025.29 (max. 4 immediate)



## Continued from page 7 - Spanish River Trip

most of them. We had short portages (around 3 of them) where waterfalls or other problems led us to be cautious. One which was hard to scout was skipped by the canoeists but Mike decided that it would be OK for the Kayak. The excellent water levels were the result of a decision by Inco to release water from dams on the West branch to feed their hydro generators at Espanola

The Spanish has very little development along the way. We saw only a handful of cabins along the river and a portion of the CP railway. Even at our Agnew Lake takeout spot, there are only a few cottagers and fishermen. This was the best canoe river I have ever been on with lots of rapids. No one tipped and there were lots of interesting challenges along the way. The campsites were good and our group was very congenial. Our only problems were minor: a cracked paddle and trailer light difficulties. The Spanish is an easy place to get hooked on white water. One of our number decided that flat water is no longer enough of a challenge for him! If you are interested in a fun trip watch for the next trip on the Spanish and sign up.



## RV & Tenting Notice

Due to a lack of interest in the RV & Tenting activities, i.e.. zero response to the two outings advertised for this last summer, it was felt that the RV committee was not providing a useful service to the LOC. It was proposed at the last council meeting on the 13th October 2011, that the RV & Tenting committee be dissolved. The LOC council voted on the matter and it was decided that the RV & Tenting committee will be dissolved. The By-Laws will be revised to show the deletion of the RV & Tenting committee and will be presented at the 2012 AGM for voting on the change.

If anyone would like to lead a RV outing next year, please feel free to organise one.

Thanks...Tony Arnold (on behalf of the RV & Tenting committee.)

# ***Social Committee Report***

*The festive season is upon us...*

The Fall Fun Day and AGM in September welcomed 52 members to enjoy a beautiful fall day of socializing on the lawn at the Kinsmen Centre. Inside the hall the food was very delicious. Special thanks to Doug Clark for his "Fun with Dog Sledding" presentation. Rumor has it that the presentation sparked renewed interest among some of our winter-loving members to enjoy this activity in the future. Thanks to all for attending and taking part.

Your Social Committee has been busy planning activities for the upcoming festive season.

We are looking forward to our Annual Christmas Dinner on Sunday 5 December 2010 at Sarnia Golf and Curling Club. What a great way to start the holiday season having fun with LOC friends and meeting new members. Time permitting you can contact me to determine if there is still room available (869-6548).

Just around the corner is 2012 and the Social Committee will be helping you welcome in the New Year on Saturday 1 January 2012 with the annual hike. There are good eats, a LOC Talent Show (returned by popular demand!), 50/50 draw and a feature presentation: Cycling in Holland. See the advertisement for details and what you need to bring.

On behalf of the Social Committee, I wish all members a safe and joyful holiday season filled with family and friends to lift your spirits!

*~submitted by Sue Carey  
Committee Chair*



## **Lambton Outdoor Club New Year's Social Sunday 1 January 2012**

All Saints Anglican Church Sarnia (Formerly St George Anglican Church, Sarnia) (Corner Charlotte and Vidal Streets)

**Meet 2:30 pm New Year's Day**

Sign up inside church prior to 3:00 pm departure  
Tortoise & Hare Hikes

### **Pot Luck Dinner at 5:00 pm**

Bring: Labeled "pot luck" dish and serving utensils, plate, mug, cutlery and a friend who may want to join in LOC activities

### **Feature Presentation: by Cycling Committee**

Cycling in Holland in 2011 with Chris and Rod Richmond

In addition to greeting folks and having fun there will be prizes, 50/50 draw, LOC T-shirts, information about upcoming feature activities and memberships for sale.



## **Annual LOC Christmas Dinner Party**

Sunday 27 November 2011

at Sarnia Golf and Curling Club.

Contact Susan Carey at 869-6548

to determine if there is room still available

# Activities Schedule      Hiking Schedule

LOC HIKING					
Date	Leaving	Type Level	Length	Event Details	Co-ordinator
<b>NOVEMBER 2011</b>					
Saturday November 12	8:30 WSCA 9:00 Bickford	Hike M	2 hours	<b>Bickford Oak Woods</b> The largest private woodlot in Lambton County. Bring a snack and water. The parking lot is located about 200 m E of Hwy 40 on Bickford Line in St. Clair Township.	Bruce Lester 862-1234
Saturday November 26	8:00 WSCA 8:20 402TS	Hike E-M	2 hours	<b>Springwater Conservation Area - Aylmer</b> This is a beautiful walk in Oxford County. Lunch at out after the hike.	Ernie Lind 882-1262
<b>DECEMBER 2011</b>					
Saturday December 10	9:00 WSCA 9:20 Lorne Henderson	M	2 hours	<b>Lorne Henderson CA</b> Explore the hills and reservoir of one of the finest conservation areas in the county. May need to ford some water. Bring boots. Lunch afterwards	Doug Winch 330-4960
<b>JANUARY 2012</b>					
Sunday, January 1	Meet at 2:30 PM All Saints Church  Bring Potluck and socialize Hikes at 3PM	Tortoise and Hare hikes E-M	2 hours hike	<b>New Year's Day Hike and Potluck</b> All Saints (St. George's) Anglican Church Charlotte and Vidal Streets, Sarnia Come shake off the cobwebs of the night before's celebration. Since there is a church service on Sunday, we will have to meet at the church at 2:30 PM, instead of in the morning, starting the hikes at 3 PM. After the hikes we will have a potluck, social activities, and presentations.	Ernie Lind 882-1262  Doug Winch 330-4960
Saturday, January 14	10:00 Animal Farm	Hike E	2 hours	<b>Canatara Park</b> Take a winter walk in our city's wonderland	Carole Buck 869-2082
Thursday, January 19	7:00 PM	Hike Meeting		<b>Hiking Committee Meeting</b> Held at Dick Carey's – 1903 Moore's Lane, Bright's Grove. 869-6548. If you have any suggestions for a future hike, contact any member of the Hiking Committee.	David Druiett 869-2864
Saturday, January 28	9:00 BG	Hike M	2 hours	<b>Attawandaron Scout Camp</b> Les will try to "groom" the trails a bit with a snowmobile to make the walking easier. Snowshoes welcome	Les Moir 869-2313
<b>FEBRUARY 2012</b>					
Saturday, February 11	9:00 BG (Shoppers)	Hike E-M	2+ hours	<b>Bright's Grove</b> Walking east along Howard Watson Trail and back through Camlachie. Distance may make it feel more like a moderate hike.	Doug Winch 330-4960

**LOC HIKING**

<b>Date</b>	<b>Leaving</b>	<b>Type Level</b>	<b>Length</b>	<b>Event Details</b>	<b>Co-ordinator</b>
Saturday, February 25	9:00 WSCA 9:30 Darcy McKeogh	Hike M	2 hours	<b>Darcy McKeogh Floodway</b> Holt Line	Carole Buck 869-2082

**MARCH 2012**

Saturday, March 10	9:00 402TS	Hike M	2 hours	<b>Parkhill / Fort Rose Maple Syrup</b> Hiking through a hilly and likely snowy conservation area. Then retreat back to Fort Rose for a great pancake and syrup lunch with lots of extras. Especially their beans. About \$10.	Ernie Lind 882-1262
Saturday, March 17	8:00 WSCA 8:20 402TS	Hike M	2 hours	<b>Alvinston (Pancakes, Part 2)</b> Another late winter adventure around A. W. Campbell CA. Then let the volunteer firemen burn you their buttermilk blintzes (Alliterative license). About \$10 or less.	Rod Richmond 704-1113
Saturday, March 31	8:00 Home Depot	Hike M	2 ½ hours	<b>Howard Watson Trail</b> Walk north from Home Depot on the trail to the Blackwell Trails Park, then return. Lunch out afterwards.	Roni Kevan 869-2818

**APRIL 2012**

<b>SUNDAY</b> , April 15	10:00 Perch Creek	Hike E	2 hours	<b>Perch Creek Wildlife M.A.</b> Talk a Sunday walk though the woods just SE of Sarnia. Parking at Churchill Line, East of Blackwell Sideroad.	Bruce Lester 862-1234
Saturday, April 21	8:15 WSCA 8:30 402TS	Hike M	2 hours	<b>Komoka Provincial Park</b> This is a favourite London area hike along the Thames. (Mostly for where we eat lunch afterwards - the Little Beaver.)	Dick Carey 869-6548
Saturday, April 28	9:00 WSCA See next newsletter for any updates	Hike D	TBA	<b>Ausable Trail</b> To be determined, but likely a longer hike from the Scout Camp	Kevin Crowell 383-0571  John Timar 869-6524

**MAY 2012**

Saturday, May 5	8:00 WSCA 8:15 402TS	Hike D	22 km 6-7 hours	<b>Fanshawe Lake Loop</b> Conditioning hike for the Bruce Trail. 22 km. Difficult. Bring lunch. We will park at the usual spot at Fanshawe Golf Course.	Greg Hogan 344-3755
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**FUTURE BRUCE TRAIL HIKES IN SPRING OF 2012**

May (18) 19 - 21	Driving up Friday 18th	Hike D	3 days 18-24 km on avg per day	<b>Bruce Trail</b> Actual section and distance yet to be determined. But at least you can pencil in the dates. See the Spring newsletter in March for booking details.	TBA
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## LOC HIKING

Date	Leaving	Type Level	Length	Event Details	Co-ordinator
June (1) 2 - 3	Driving up Friday 1st	Hike D	2 days 18-24 km on avg per day	<b>Bruce Trail</b> Actual section and distance yet to be determined. But at least you can pencil in the dates. See the Spring newsletter in March for booking details.	TBA

**WSCA** ... West Side of Clearwater Arena

**BG** ..... Bright's Grove Plaza

**RC** ..... Reece's Corners

**FF** ..... Fish Fountain at Centennial Park

**TS402**... Esso Truck Stop, Hwy 402 & Oil Heritage Rd  
..... N of Reece's Corners (park NW of pumps)

**AMSS** ... Alexander MacKenzie Secondary School

**EVS**..... Errol Village School

**All**... All levels welcome

**E**..... Easy for beginners

**M**.... Moderate (due to terrain, speed, length)

**D** .... Difficult (experienced participants only)

..... **Note:** Length excludes travel time

**All**.....All interests

**Hike**...Hiking

**Can**....Canoe / Kayak

**Bike**...Cycling

**Ski**.....Cross Country

**Note:** All Coordinators are unpaid volunteers who may not have first aid training, etc. and are advised to turn away anyone who appears to be ill-equipped for the event.

Those who participate do so at their own risk; children under 18 years of age must be accompanied by an adult.

**Merry Christmas to all...And**

**don't forget our**

**New Year's Day Party:**

**Check out page: 9 for ALL DETAILS**

*Please Welcome Our New Members*



## New members Report

**First Name**

**Surname**

**Joined**

Lisa and Andy

Boychuk

24-Oct-11

Duncan and Dale

Bristow

17-Aug-11

Linda

Chenier

15-Sep-11

Anne

Donovan

23-Aug-11

Sherry

Russell

23-Aug-11

# Buying Snowshoes

Fern Noel

In this discussion we are concerned with snowshoes which will be used for moderate activity in deep snow—at least two feet deep, in uneven terrain, and across ice. The important items to keep in mind when buying snowshoes are;

- 1—The harness; what holds your boot in place.
- 2—The webbing; what keeps you from sinking.
- 3—The underclaws; what gives you that extra grip on slopes and ice.



## The Harness

The harness is the part that secures your boot to the snowshoe. The photo #1 shows a good harness, which is designed to prevent sideways motion of the boot, but allows easy up and down flexing of the foot; same as with skis. These harnesses can be made of metal and/or superior plastic. Leather, nylon or canvas as is used on cheaper snowshoes. With a good harness the snowshoe will easily point in the direction of travel; not somewhere else.

What holds the boot in the harness is also important. The best is a ratchet type buckling. They are the easiest to work under all conditions. Less satisfactory are traditional belt and buckle types. While they are adequate they are troublesome when all iced up. The worst are leather or canvas ties; they become a constant headache needing frequent adjustment as they become wet or frozen.

## The Webbing

Old style snowshoes use strings of gut as the webbing. This is adequate but in most modern snowshoes this webbing has been replaced by laminants of canvas and rubber/plastic. This greatly enhances the load capacity with minimal sinking in the snow. The larger the area of this webbing the less you will sink in the snow. The more you sink the more you need to lift out of the hole you've created. You need to minimize tiring post-holing.

## The Underclaws

While underclaws on snowshoes are not mandatory they can make a huge difference when travelling up or down slopes of 45 degrees or more, and on ice. These claws are usually metal, or a hard plastic in less expensive shoes.

## General comment

Snowshoeing involves a different walk; more like a shuffle, with legs more apart than usual. The picture shows a whole snowshoe with the toe curved upwards. This curve glides the shoe over the snow as opposed to digging in. With straight shoes one has to lift the shoe up as part of the step.

For first time snowshoers there is often a tendency to go cheap, only to suffer the consequences of poor design. See if you can borrow someones' good pair first. So how much should you spend? The shoe is a top of the line at \$ 250. Some stores will sell reasonable shoes at less than \$ 100—but check out the features first. The most important part is the harness (no sideways wobbling) and how your boots are secured (ratchet buckling).

One particular advantage of snowshoeing is that you can go almost anywhere. In the summer many areas are inaccessible because of vegetation; all this is covered under a blanket of snow. Happy snowshoeing. Any further questions; give me a call at 542-9694

## WINTER, GLORIOUS WINTER

Fern Noel 542-9694, fnoel1@cogeco.ca

I can hardly wait for winter to come. No more scorching heat, torrential rains and dangerous thunderstorms, no more need to turn on the AC unit; close all doors, windows and escape inside, no more sunburns, no more bugs; etc, etc. Instead we will have a time when all is white, the air is crisp and fresh, and the steps are crunchy. Then it's fun time for snowshoeing, winter camping, xski, and dog sledding. Yes there is snow to shovel, some bad travel, and storms. But it's not all that bad. For those of us who don't escape we can take advantage of this special season.

1--We will hold our annual snowshoe day trip on the last weekend in January somewhere in the Ausable valley near Arkona. Let me know of your interest so I can let you know details.

2--Last winter we had a two night trial trip in Killarney Park making use of two heated Yurts; complete with lights, bunks, and BBQ . This was very successful and therefore we will do it again but in Algonquin park. In late October I will call the park to reserve two yurts for three nights in late February or early March. Each Yurts can hold 6 . Like last year we will do snowshoeing and crosscountry skiing. Let me know of your interests so you can be kept up to date.

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## 10 Days Canoeing in Quetico Park—August 2012

Fern Noel 542-9694, fnoel1@cogeco.ca

To date 6 people have expressed interest in this trip. We will be limited to 9 participants. If interested let me know. Final commitment will be in April/2012.



What a fun time was had by all 30 people despite the rain, beautiful scenic hike on the Niagara Parkway. Great Company Coordinator Roni Kevan.

# Cross Country Skiing

We have set up the ski mail again this year so if you want your name on the list you can e-mail me [jbeaton38@gmail.com](mailto:jbeaton38@gmail.com) or if no e-mail phone 519-332-8033. We will arrange to accommodate those without e-mail.

How it works: If you want to ski, send a ski mail which will go to everyone who has signed up. Give the place and time then wait to hear from anyone interested in going. You can then arrange for meeting, travel arrangements etc. If you receive a ski mail, are available to go, reply to sender. You will need a Google account for this which is free. (a Gmail account is not necessary)



Hopefully this will be a good season and we will get lots of skiing.

ALSO, if you would be willing to arrange an away trip for one, two or more days let me know.

Cheers, Jack



## PAST PRESIDENTS

2010 - 2011	Barb Batson	2000 - 2001	Maria Vanderbeld
2009 - 2010	Barb Batson	1999 - 2000	Veronica Kevan
2008 - 2009	Albert Couture	1999 (Jan to Sept)	Tony Arnold
2007 - 2008	Rod Richmond	1998 (Sept to Dec)	Bill Knight
2006 - 2007	Tony Arnold	1997 - 1998	Mark O'Donnell
2005 - 2006	Tony Arnold	1996 - 1997	Mark O'Donnell
2004 - 2005	Barbara Ann Arnold	1995 - 1996	Fern Noel
2003 - 2004	John Hornagold	1994 - 1995	Fern Noel
2002 - 2003	John Hornagold	1993 - 1994	Barbara Ann Arnold
2001 - 2002	John Hornagold	1992 - 1993	Tony Arnold
		1991 - 1992	Tony Arnold

## LOC 20TH ANNIVERSARY OBSERVED

On November 5, 1991, a group of 60 attended the inaugural meeting of our club. The meeting was called by Delmar Ellis and chaired by Tony Arnold.

The group's mandate was to bring people together with similar outdoor interests and share their knowledge and skills of outdoor activities while improving personal fitness and heightening awareness of related environmental issues.

To celebrate the club's 20th milestone, the LOC council wished to donate a tree for members and our community to enjoy.

On November 12, 2011, nearly 40 members attended the dedication of an Autumn Blaze Maple tree at Guthrie Park, St. Clair Parkway (across from Shell Oil). In attendance, were four current and original members; the club's first president, Tony Arnold, Barbara Ann (Pitchford) Arnold, Fern Noel and Carole Buck.

This fast growing tree, with its red fall color, stands alone and is located about 20 feet north of the washrooms between the park pathway and the shoreline, on top of the slope and is not marked.

LOC, with its approximately 280 members, and our community will enjoy this contribution to our outdoors as we hike, bike, paddle, ski or drive down the St. Clair River.



# Classifieds

**FOR SALE - 36" Nova Ash Canoe Yoke**  
Never been used - in pristine condition. Cost \$40.00.  
lmoir3@cogeco.ca -- 519-869-2313



## Club Apparel



### Tee Shirts

A bit of disappointing news: We must advise that our Short Sleeved Tee Shirts will cost \$12.00 for any new orders. We do have a few short-sleeved Tees at the \$10.00 cost.

Colours include Blue, Serene Green, Tan, Tangerine (colour chart available). They're perfect for summer events and look great with jeans.

Sizes: 36"(S), 41"(M), 45"(L), 48"(XL), 51"(XXL)

### Long Sleeved Tees

Also, a positive on the queries: Can we order Long Sleeved Logo Tee Shirts? Yes, we certainly can! Cost: \$21 each.

### Golf Shirts

Interest was expressed also in the possibility of obtaining either Short or Long Sleeved Logo Golf Shirts. Yes again! Cost: \$31.00 for Short Sleeved, \$34.00 for Long Sleeved. Golf Shirts are restricted to basic colours: brown, beige, dark green, dark blue and, possibly, a lighter royal blue.

**Let us know your desire!**

### Call to order:

Barbara-Ann Arnold  
519-542-1578 (leave message)

**DEADLINE FOR  
SPRING ISSUE:  
FEBRUARY 1, 2011**

**Please forward classified ads to:**

Greg West, LOC newsletter editor  
loceditor@gmail.com

### L.O.C. NEWSLETTER AND WEBSITE ADVERTISING GUIDELINES:

Only items appertaining and pertinent to outdoor activities, that are covered by LOC, would be accepted into the newsletter and website.

Adverts can be placed only by paid up members of LOC.

Here are a few examples of what is allowed: The sale or swap of bicycles, bicycle parts, canoes, kayaks, skis, backpacks, hiking poles, etc.

Here are a few examples of what will not be accepted: house sales, motorized vehicles, building materials, employment requests, etc.

The placement of the advert is at the discretion of the newsletter editor and webmaster, following these guidelines.

If there is any doubt whether an advert should be placed, then the president or one of the LOC council should be consulted.

# They Give Us a Break

Show your LOC card to the following merchants to get discounts:



**MICOR Source for sports.**  
We know our stuff!™

**Bill Abercrombie**  
Owner

49 Finch Drive, Sarnia, ON N7S 5C6  
Tel: 519-337-8787 • Fax: 519-337-5396 • micor@rivernet.net



**Terry Needham**

211 King St.  
London, ON Canada N6A 1C9  
Phone: 519-434-2282  
Fax: 519-672-9858  
Email: terry@novacks.com  
Website: www.novacks.com

**Revolution BICYCLE SHOP**

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**ALL MAKES & MODELS**

**James Grant**

**NEW Location!**

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**519-491-1777**  
www.revolutionbicycleshop.com



**Kevin Smith**

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Point Edward, ON Canada N7V 1E6  
Phone / Fax: 519-332-3550  
Email: shark1@rivernet.net

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Sarnia, ON N7T 5S9  
Tel: 519-344-0515  
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**Wawanosh Watercraft**

- canoes
- sea kayaks
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- camping equipment
- skis • snowboards
- apparel

**John Elliott**

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Tel: 519-869-8252 • Fax: 519-869-2733  
Toll Free: 1-888-449-7805  
Email: mutt@ebtech.net

**ALSO OPEN AT:**  
1801 Blackwell Road  
**519-491-1777**

Micor Source for Sports  
**10% OFF** all non-sale items

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**10% OFF** all non-sale items

The Bicycle Shop  
**10% OFF** all accessories

Wawanosh Watercraft  
**10% OFF** across the board

**SAVE** on your  
**Christmas Shopping List!**





# Lambton Outdoor Club

(Website - [www.sarnia.com/groups/outdoor](http://www.sarnia.com/groups/outdoor))

## MEMBERSHIP APPLICATION FORM

The Lambton Outdoor Club (LOC) is a non-profit organization that offers its members canoeing, kayaking, hiking, cycling and cross-country skiing activities, as well as several other social events. The Club supports outdoor recreational activities in a manner that is non-destructive to the environment. The Club brings together people of common interest in outdoor activities, and provides opportunities to improve skills for the enjoyment of these outdoor activities. Membership is open to all ages, and wherever possible, outings will be geared to members' interests and abilities. Some outings will be more physically demanding than others; awareness of your own physical fitness has to be your guide. Members receive a quarterly Newsletter that has all the outings, plans and information.

### MEMBERSHIP INFORMATION

New member  or Renewal  (See note below) Family  or Single

Name (PRINT) \_\_\_\_\_

Spouse / Partner \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov./State \_\_\_\_\_ Postal Code \_\_\_\_\_

E-mail \_\_\_\_\_ Phone No. \_\_\_\_\_

Check which sections you are interested in:

Canoeing / Kayaking  Cycling  Hiking  RV & Tenting  XC-skiing

Would you be willing to organize outings?  Yes  No

Would you be willing to work on committees?  Yes  No

Preferred delivery of quarterly newsletter?  By email  By Canada Post

All activity organizers are unpaid volunteers. You are invited to participate in the Club activities and **do so at your own risk.** The Club's activity organizers are not necessarily trained in First Aid or CPR.

***Safety is your responsibility.***

Each applicant must read, understand and sign the "Liability Release & Assumption of Risk" form.

- Please return:
- (1) Completed Membership Application form.
  - (2) Signed "Liability Release & Assumption of Risk" form.
  - (3) Membership fee - **Single \$25, Family \$30**  
(US Residents pay amount in US\$)
  - (4) Mail to: **Lambton Outdoor Club**  
**P.O. Box 653**  
**Sarnia, Ontario N7T 7J7**

Note : A "Liability Release & Assumption of Risk" form must be completed, signed and returned with this application form, **including renewals.** Without it your membership application cannot be processed.



# Lambton Outdoor Club

## LIABILITY RELEASE AND ASSUMPTION OF RISK

**Please read the following carefully and sign in the spaces indicated.**

This release is a precondition for participation in all Lambton Outdoor Club (LOC) activities, and unless agreed to and signed, your membership to LOC is not valid.

I (print name) \_\_\_\_\_

and (print name) \_\_\_\_\_

understand that outdoor recreational activities involve inherent risks, obstacles, and hazards that are natural and manmade, could cause me serious or fatal injury. Also, that all LOC officers, activity organizers, coordinators, sponsors, and participants are unpaid volunteers. I choose to participate in the LOC activities and do so at my own risk. I am responsible for my own safety.

I, for myself and family, heirs, executors, administrators and assigns, release and hold harmless LOC, its officers, organizers, coordinators, sponsors and participants from any claims, demands, damages, actions or causes of actions arising out of, or in consequence of, any loss, damage, injury or death to my person or property that may have arisen while participating in any LOC activity or event. Without limiting the generality of the foregoing, I further release any recourse that I may now or hereafter have, resulting from any decision made by any LOC officer, coordinator or organizer of the activities. I agree to pay the cost of any emergency evacuation of my person and belongings that become necessary.

I acknowledge that there are no medical or physical conditions or disabilities that would not allow me to participate in any LOC activities, and that it is my responsibility to ascertain the degree of experience, physical fitness and skill level required to participate in these activities. I further acknowledge the right of any LOC officer, coordinator, or organizer to judge me unfit to participate, due to intoxication or any other reason, without objection or need for examination.

I acknowledge that I have read the above and fully understand the nature and consequences of granting my consent and waiving any and all claims for liability and damages against the above-mentioned parties.

Minors under the age of 18 must be accompanied by a parent or legal guardian. I accept full responsibility, as outlined above, for any minors I bring to an LOC event.

Signed \_\_\_\_\_ Signed \_\_\_\_\_

Dated:(Year/Month/Day) \_\_\_\_\_ Dated:(Year/Month/Day) \_\_\_\_\_