

# OYSTERCATCHER

## SSTNC Executive:

- President: Carron Carson
- Vice President: David Cater
- Past Pres: Charles Kahn
- Treasurer: Wayne Locke
- Secretary: Nick Coghlan
- Membership: Pat Miller
- Trail Development & Maintenance: Kees Ruurs
- BC Nature Rep: Susan Hannon
- Presentations: Michel Gagnon
- Website: Bob Reynolds
- Presentations Coordinator: Michel Gagnon
- Social Media: Jan McIntyre
- PR & Communications: Margriet Ruurs
- Hikers Coordinator: Bob Keates
- Walkers Coordinator: Sheila Spence
- Ramblers Coordinator: Marjorie Radford



Hello SSTNC member,

After a spring of rather typical west coast weather (unpredictable), we as a club will soon be wrapping things up for the 2023-2024 season. Our Hikers, Walkers and Ramblers have all enjoyed some good outings both on-island and off.

In April and May we were on trails where we experienced some spectacular wild flower viewings. As you will read below, there are many opportunities throughout the year to join in on weekly events as well as to volunteer for trail maintenance and upkeep. Enjoy the great outdoors and stay safe in all that you do,

*Carron Carson*  
Club President

Contact:

[info.sstnc@gmail.com](mailto:info.sstnc@gmail.com)

Salt Spring Trail & Nature

Club, PO Box 203, Salt Spring Island, BC, V8K 2V9



*It is with great sadness that we learned that on May 28 former Club President Nieke Visser passed away. A Celebration of her life will be planned for September or early October. Our sincere condolences go out to Kees Visser for the loss of his life partner.*

## Our Website....

... offers a wealth of information for long time members as well as newcomers. Here you will find:

- UP TO DATE INFO ON WALKS!
- Descriptions of rambles, walks and hikes
- Dates and destinations
- Links to maps and trails
- Guidelines and carpooling information
- Archives with back issues of The Oystercatcher
- and much more!

<https://saltspringtnc.ca/>



Remember to 'LIKE' us so we can be FRIENDS!

<https://www.facebook.com/SSTrailandNatureClub>



Your SSTNC can always use hike leaders. These are the people who make our guided walks happen. If you would like to lead a hike on your favourite trails, please contact Bob Keates: [rkeates@uoguelph.ca](mailto:rkeates@uoguelph.ca)

SAVE THE DATE:

## Tuesday, June 11

Instead of our usual Hiking, Walking and Rambling day we will cut broom in Ruckle Park! Meet at ArtSpring for a 9:45 departure or at the 3rd group campsite at Ruckle at 10:15. Please bring loppers and tarps (for hauling) and gloves. Also bring your snacks/lunch and liquid. Before we get started I will be able to give some coaching on correct techniques for broom clearing.

It would be wonderful to have as big a turn out as possible!





## TRAIL NEWS:

- The SSTNC helps develop and maintain some of the trails on the island. The club has signed agreements with BC Parks to work on the trails in the provincial parks. Volunteers are needed to go out sometimes to help create and maintain the trails. This means going in a small group of fun people, with clippers and tools and walking the trails while cleaning away branches, leafs, etc. If you are interested in helping, please contact Charles Kahn ([charleskahn@shaw.ca](mailto:charleskahn@shaw.ca)) or Kees Ruurs ([Keesruurs@hotmail.com](mailto:Keesruurs@hotmail.com)).

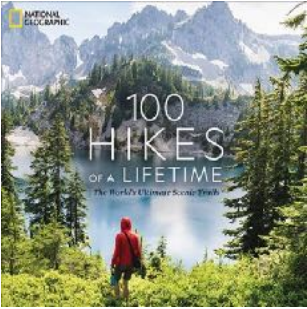


Carron Carson and Kees Ruurs try out a future bench in Mouats Park. SSTNC is helping PARC to provide these benches along different trails.

- Please note that the summer season means unofficial hikes for our club, both on Tuesdays and Sundays. These will be advertised by email only, so watch your emails and join us!

- Plans are underway for our club to construct a bird blind along the Cupples Trail this summer.
- Trail intersection signs in Ruckle Provincial Park have been replaced this Spring.
- Construction of box steps on the Chris Hatfield trail is being planned. Materials have been purchased with grant money and will be delivered in a few weeks. Club members are urged to help with this project. Please sign up by emailing David Cater: [dcater@uniserve.com](mailto:dcater@uniserve.com)

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Check out this book from our local library: 100 HIKES OF A LIFETIME. This ultimate hiker's bucket list, from the celebrated Appalachian Trail to Micronesia's off-the-beaten-path Six Waterfalls Hike, treks through 100 energizing experiences for all levels.

Filled with beautiful National Geographic photography, wisdom from expert hikers like Andrew Skurka, need-to-know travel information, and practical wildlife-spotting tips, this inspirational guide offers the planet's best experiences for hikers and sightseers. From short day hikes--California's Sierra High Route, Lake Agnes Teahouse in Alberta, Norway's Mt. Skala--to multiday excursions like Mt. Meru in Tanzania and multi-week treks (Egypt's Sinai Trail, Bhutan's Snowman Trek, and the Bibbulum Track in Australia), you'll find a hike that matches your interests and skill level. Crossing all continents and climates (from the jungles of Costa Rica to the ice fields in Alaska's Kenai Fjords National Parks), as well as experiences (a wine route through Switzerland or moose spotting on the Teton Crest Trail in Wyoming,) there is a trail for everyone in these pages. So pack your gear and lace your boots: this comprehensive and innovative guide will lead you to experience the best hikes of your life!

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The presentation by Maria Coffey and Dag Goering about their global adventures and new book INSTEAD, was cancelled due to illness. Please mark your calendars now for the newly scheduled date:



Saturday September 14  
2 PM  
Salt Spring Library

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## STRAWBERRY FESTIVAL!!

It's that time of year again. Come and celebrate the beginning of summer. Meet fellow hikers and enjoy strawberries and ice cream!

Tuesday June 25, 12 noon  
Ruckle Provincial Park group camp,  
hosted by Hikers group.



**MEET SSTNC Member LYNN THOMPSON**

who has been a member since 1996. He has since moved to Duncan but is still an active member and leads hikes to see wildflowers on Mount Tzouhalem. Lynn tries to walk every day. He says, “My weekly routine includes a daily outing. I also do a twice weekly track workout at Duncan's fabulous track and field facility. I try to get out once a week for a real hike, either with SSTNC, Cowichan Hikers or solo. On other days I go for a walk on one of Duncan's urban trails or in one of the area's regional parks.” Lynn’s daily walks are in the range of 4 - 6 km. He says he still does the mountain hikes but they do take a bit longer!

Lynn loves Salt Spring trails that offer large expansive views from the south end mountains - the south face of Mt. Tuam, lookouts above the narrows on Mt. Sullivan and the south side of Mt. Maxwell extending into the Shepherd Hills area are favourites.

Besides being an avid hiker, Lynn competes in the Masters' Track and Field events in local and provincial meets. His events include sprints, hurdles and long and triple jump. He proudly adds, “I manage to maintain a number 1 ranking in Canada in the hurdles and horizontal jumps and usually top three in the sprints.”

Oh, and did we mention that Lynn is 85 years of age?! I asked him for advise for younger members. He laughed and said, “Careful selection of parents is an important factor!” Though genetics is a great help, Lynn finds that a lifetime of running and hiking has made him keenly aware of the need to stay fit. Extensive reading has informed him of the areas where aging will compromise this, so he developed his own daily stretch and strength exercise routine. “Get out the door daily!”, he advised, adding “I recently read of how group activities are also very important . . . the social aspect. Hence the importance of the Trail and Nature Club!”

