

# OYSTERCATCHER



## Salt Spring Trail & Nature Club

### SSTNC Executive:

President: Carron Carson

Vice President: Larry  
McIntyre

Past Pres: Charles Kahn

Treasurer: Wayne Locke

Secretary: Nick Coghlan

Membership: Pat Miller

PR & Communications:  
Margriet Ruurs

Trail Development &  
Maintenance Coordinator:  
Bill Palmer

BC Nature Representative:  
Susan Hannon

Hikers Coordinator: Bob  
Keates

Walkers Coordinator:  
Sheila Spence

Ramblers Coordinator:  
Marjorie Radford

Website Coordinator: Bob  
Reynolds



Hello all Trail and Nature club members,

Put SPRING into your step and get out and enjoy our island's trails and pathways. When you join in on any of the outdoor events you're bound to see new buds appearing, birds reappearing and possibly a trail or route that you hadn't previously discovered. Many of our new members who are also new to the island, say that joining in on the walks and hikes has been the best way to get to know their new surroundings. Take pleasure in all that comes your way whether it be sunshine or showers.

*Carron Carson*, President

## Our Website....

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

- 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>

Contact:

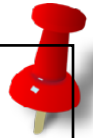
[info.sstnc@gmail.com](mailto:info.sstnc@gmail.com)

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



Daffodil Point in Burgoyne Bay is a favourite place to take in Spring.

## BROOM PARTY!!



Broom pulling happens on **TUESDAY 20 May**. Depart ArtSpring at 9:45 or meet at the trailhead to Howard Horel Nature Reserve on Mereside Road at 10 am. Bring gloves and clippers. Turn off FG Road at Mereside, parking lot on your right after a few hundred meters.

Included in your annual SSTNC membership dues is your membership to BC Nature. The **2025 Conference and AGM** is hosted by the Nicola Naturalists Society on May 22-24, 2025: <https://bcnature.org/agm-2025-your-hosts-nicola-naturalists/>.



## SAVE THE DATE

Our annual STRAWBERRY FESTIVAL will be held on Tuesday June 24 in Ruckle Park. Just so you can start drooling at the thought of a walk followed by fresh, local berries and icecream!

## RECIPES FROM CHRISTMAS POTLUCK:

### Carron's Molasses Sugar Cookies

1 cup sugar	2 tsp baking soda
3/4 cup oil	1/2 t ground ginger
1 egg	1/2 t salt
1/4 cup molasses	1/4 t ground cloves
2 cups flour	extra sugar

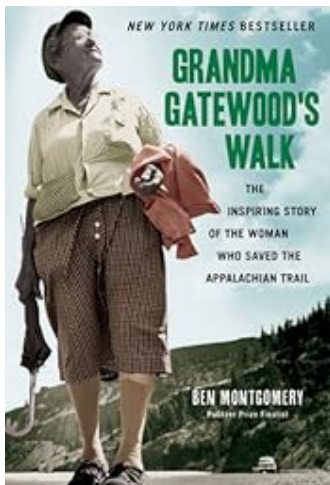
Mix together sugar, egg, oil and molasses. Add remaining ingredients. Form into teaspoonful balls. Roll in extra sugar. Bake at 375° for 7 - 8 minutes. Share on your next hike!

### Easy Blackberry Mousse (Jenny Coghlan)

3 cups blackberries
1/4 cup water
1 cup sugar
1 envelope gelatin
1 cup Greek yogurt unsweetened
1/2 cup cold water



Simmer blackberries and sugar in 1/4 cup water until sugar is dissolved.  
Soften the gelatin in 1/2 cup cold water then add to fruit mixture.  
Chill until gelled mixture thickens then fold in yogurt.  
Chill until set.



### BOOK TALK:

*Grandma Gatewood's Walk* by Ben Montgomery is a most inspiring book. At age 67, this great-grandmother walked 2,000 miles and became the first woman to solo the Appalachian Trail, without preparation or gear. She had reasons to walk. And she kept on walking after that. Her time on the trail changed her as well as many around her. A fascinating read, available from our own local library.





## SSTNC Trail Blazer award

This year's recipient of the SSTNC Trail Blazer award is Frauke Prystawik. Frauke has been an active member of the club for over 20 years taking on different roles including being the Rambler Coordinator. Even when she was no longer able to participate in the rambles, Frauke continued as coordinator, ensuring that the Ramblers had weekly interesting places to go, locations for lunches and the pleasure of gathering together to enjoy the beauties of our island.

Photo courtesy of Carron Carson

**Volunteers Needed:** don't miss your chance for a slot to help out at the Fall Fair in our SSTNC booth! This is a fun and productive opportunity to help with one shift (or more!).

Join us for fun and to spread the word about walking in nature on our island and beyond! Please let any of the executive know if you are interested in helping out.

Check our website for upcoming walk and hikes.

Leaders are needed for a few dates - a chance to show others your favourite trails: <https://saltspringtnc.ca/>



SAVE THE DATE  
for our Spring public presentation:



# HIKING THE WORLD

Saturday May 17, 2 PM, Salt Spring Library