

WELCOME NEW MEMBERS

Welcome, new members to CORE. We hope you will enjoy the outdoor and social activities that your club offers during the coming season.

A few pointers to **new members** and to old(er) members who may have forgotten:

CORE WEBSITE: The CORE website (www.corehike.org) contains event and **SAFETY** information (http://corehike.org/?page_id=194). It also provides a gateway on the “Activities” page to the club events calendar and the CORE event photo albums. It has been a longstanding CORE tradition to post photos taken during our outdoor “adventures” on the website. The photo albums are open to anyone browsing the website, but posting is restricted by password to club members only. If you post any pictures, please observe the **privacy guidelines** listed on our website at (http://corehike.org/?page_id=214).

	
Dave - Trip Coordinator	Pat - Presentations
	
Mark - Webmaster	Carol – M-at-L
	
Edna - M-at-L	David - M-at-L

* M-at-L = Member at Large

MEET THE NEW CORE EXECUTIVE 2015-2016

Here are the board members who will keep your club running smoothly in the coming year.

	
Mike - Chair	Lindsay - Co-Chair
	
Lynn - Secretary	Jorge - Treasurer
	
Fiona – Membership	Stu - Communications

CORE MEMBERS PASSWORD

Just a reminder that the CORE password has changed as of June 15. All members will have received the password along with your membership card by email once you have registered (and paid-up) for the new season. You need the password to access certain members-only pages on the **CORE website** (<http://corehike.org/>) such as the Events Calendar or posting photos. If you have forgotten the password, please email CORE at mailbox@corehike.org



SAFETY TIPS

Bear Awareness



Please be careful on your wilderness hikes. There is information on outdoor safety and bear alerts on the CORE website at

http://corehike.org/?page_id=214,

and on the **WILDSMART** website at <http://www.wildsmart.ca/>.

The **PARKS CANADA** website also has some EXCELLENT tips on hiking safely in Bear country. Highly recommended reading!!

<http://www.pc.gc.ca/eng/pn-np/mtn/ours-bears/securite-safety/ours-humains-bears-people.aspx>

Note: some trails in the Mountain Parks have GROUP SIZE restrictions of at least 4 adult humans, with **big fines** if you ignore them. So plan your hikes accordingly.

Lyme Disease & Tick Surveillance Program in Alberta



Ticks are small spider-like animals (arachnids) that bite to fasten themselves onto the skin and feed on blood. While most ticks don't cause serious health problems, it's important to remove a tick immediately to avoid infection or potential diseases. Alberta has a program where you can submit a tick if you find one on yourself, another person, and even on your pet. For more

information, visit the Alberta Health website at <http://www.health.alberta.ca/health-info/lyme-disease.html>.

NEW CORE MEETING PLACE

Our [Club News](#) page (http://corehike.org/?page_id=594) has details on upcoming meetings. *These are now held in the **Scarboro Community Centre: 1727 14 Ave SW*** (Please note this change of location; we're no longer meeting in the "Old Firehall").



BRINGING GUESTS

CORE generously allows members to bring guests on outings. The purpose of this benefit is to provide potential members with exposure to the club, so that they are better able to decide if they want to become members in the future.

As the guest's host, please ensure that they:

- are fully aware of the level of difficulty of the outing
- are capable of completing the outing
- come equipped with the appropriate clothing and equipment.

If you have a friend who wishes to attend repeatedly as a guest, please encourage them to join!



WHAT ARE THE BENEFITS OF BELONGING TO CORE



As a member of CORE, you can:

- Participate in a wide variety of outdoor activities with like-minded people who are passionate about the outdoors
- Easily meet and get to know other members because CORE is a smaller more intimate club
- Increase and maintain your fitness level, year-round
- Attend informative monthly presentations on all things related to outdoor activity
- Find out what's new on the events calendar by receiving an automatic e-mail notification
- Receive a monthly newsletter with content on outdoor safety tips and plans for club activities
- Attend at least two social events per year (Christmas party and AGM) with free food and drinks
- Participate in other special events or social outings, such as movie nights, dining out, tennis, art walks, etc.
- Offer to give a presentation at a monthly meeting of your travel adventures
- Learn a new outdoor sport, such as cross-country skiing or scrambling
- Explore the beauty and awe-inspiring scenery of nature's playground right at our back door
- Get CORE sponsored courses to help you enjoy the outdoors even more

SHARE YOUR KNOWLEDGE AND LOVE OF THE OUTDOORS

We have had an unusual request from the Minister at Wild Rose United Church. They are seeking a "nature expert / enthusiast" to help a newly formed band of hikers from their church learn about hiking, nature and the outdoors during the month of July. If you are interested, for further

details, contact Kim Holmes-Younger directly at kim@wildroseunited.ca

UPCOMING EVENTS

Things are shaping up to be a beautiful, long, warm summer. There are several events coming up just waiting for your participation:

Canada Day Picnic: Wednesday, July 1.

Barbeque picnic and city hike.

Multi-day hiking trips:

Longview: June 26 – 28.

Travel on the Friday, hiking in Highwood area Saturday and Sunday.

Fernie weekend: July 31 – August 3.

Hiking on the Saturday and Sunday around Fernie or Crowsnest Pass area. Potluck dinner on Saturday, August 1.

Thanks to the coordinators for planning these events!

For registration information, please go to www.corehike.org Event Calendar.

CORE JUNE Monthly meeting

Tues. June 30 - 7 p.m.

Join us at our new home in the Scarborough Community Hall, 1727 - 14 Ave SW. The theme for the evening will be summer event and trip planning. Come prepared with maps, guidebooks and other resources, and most importantly, your ideas, enthusiasm and a willingness to suggest trips and events for the CORE calendar. As well, this will be your chance to promote any upcoming trips or events that you may have planned for CORE.

