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JUNE ACTIVITY SCOREBOARD



June was a great start to the season for CORE, with many activities both easy and challenging posted on the calendar, and nine fabulous photo albums created commemorating our adventures. We did 5 urban walks, 9 hikes, 3 scrambles, one camping weekend, and one bicycle tour, culminating with the traditional CORE Canada Day Picnic. Hope you participated, and if you didn't, consider attending next year. Great fun!

CORE MEMBERSHIP CARD



To all CORE members, you will have received your 2015-2016 membership card by email (along with the membership password for accessing the calendar) when you signed up this year. PLEASE REMEMBER TO PRINT OUT YOUR CARD AND ATTACH IT TO YOUR BACKPACK. The card doesn't need to be a big as the one this over-zealous character made, in fact business card size is preferable, AND CORE has a stock of laminating sleeves which you can receive for FREE (another benefit of belonging to CORE) at the monthly membership meeting. Just ask the membership coordinator or any member of the executive.

Why carry your card? Remember that waiver form you signed when you joined up, and the similar form that guests need to sign before joining an activity. It puts an extra burden on the hike coordinator at the trail head to make sure all participants are covered by the waiver. So please make your membership card visible.

COORDINATING EVENTS

If you are thinking of coordinating a CORE event, and haven't done so before as a member of CORE, we have a number of safety guidelines that you should be aware of. These are posted on the website at the link below under "Coordinating an event".

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

Contact the Executive Trip Coordinator if you have any questions.



POSTING EVENTS TO THE CORE CALENDAR

The full details of how a coordinator can add an event to the calendar are posted at:

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

Please note that when posting an event, DO NOT select the "All Day" box. This "feature" is not working properly, and tends to play havoc with the dates on the resulting posting.

CORE Broadcast Emails (Opting Out)

When an event is posted on the calendar, an email is sent via the CORE Broadcast mechanism to all members in the contact list. If you are having trouble receiving notifications or if you don't want to receive notifications, please contact the membership coordinator at mailbox@corehike.org, and we'll fix your record or remove you from the Broadcast list.

JOINING EVENTS

Please remember that if you want to join an event, you must contact the trip coordinator to let them know you are coming, and to find out where the meeting place is. Please provide the coordinator with your phone number and email address so she can contact you if there is a change in plans. IF YOU ARE BRINGING A GUEST, please advise the coordinator so an accurate headcount can be made. It will help your coordinator if you download and print the Guest Waiver Form from the CORE website and have the guest fill it out beforehand so the meetup at the carpool area or trailhead can proceed smoothly and quickly. As a passworded member, you can download the form here:

http://corehike.org/?page_id=190

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
- as sponsor, you are responsible for your guest, and must attend the activity as well
- download/print the Guest Waiver form and have your guest fill it in before arriving at the meeting spot, for EVERY EVENT your guest attends
- advise the hike coordinator that you are bringing a guest, so she can maintain an accurate headcount

If your guest wishes to attend repeatedly, please encourage them to join CORE. It is only \$20!

Children and dogs are the responsibility of the parent/guardian or owner. Car pooling is not permitted with children, and many venues are not suitable for dogs, which in any case must be on leash in the Parks.

BENEFITS OF CORE MEMBERSHIP



We've probably mentioned this before, and seasoned CORE members already know it, but if you are new to CORE, or have a friend who might be interested in an outdoor club, or if you know a past member who may not have signed up for the 2015-2016 season yet, please pass this letter along to past members.

Benefits of being a CORE member:

- Participate in a wide variety of outdoor activities with like-minded people.



- Increase and maintain your fitness level, year-round
- Attend monthly educational presentations and keep abreast of the club's comings and goings
- Receive email notifications for events posted on the calendar - if you choose.
- Attend at least two social evenings per year (AGM and Christmas party) with free food and drinks
- Participate in other types of activities such as movie nights, dinner nights, tennis outings (and maybe even an art show or two)
- Learn a new outdoor sport, such as x-c skiing or snowshoeing.

FRIENDS OF KANANASKIS

Kananaskis Country is a place where a lot of CORE summer and winter activities take place. If you are interested in participating in trail maintenance activities with Friends of Kananaskis, check out the link below.

<http://www.kananaskis.org/how-to-help/subscribe/>

Please remember, this is not a CORE activity, just a note of interest to people who wish to volunteer. The FKC Trail Care volunteer program delivers a safe, fun and meaningful way for people to give back to the Kananaskis Country trails they love.

SAFETY TIPS

WildSmart Weekly Bear Activity



<http://www.wildsmart.ca/news/category/bear-activity/>

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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.

UPCOMING EVENTS

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

In July we are planning some urban walks, moderate hikes such as Eiffel Lake, some more challenging ones such as Mt. St. Piran and Healy Pass, and a scramble (Castle Mountain). Several others discussed at the last meeting will soon be filling the schedule. Keep checking the calendar for more events.

Multi-day hiking trips:

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 JULY MONTHLY MEETING

Tues. July 28 - 7 p.m.

Join us at our new home in the Scarboro Community Hall, 1727 - 14 Ave SW. The theme for the evening will be:

"Understanding the Dynamics of Group Hiking" (slideshow)

"Navigating the CORE Website Calendar (for Coordinators and Participants Alike)"

