



East Coast Trail Association News

Issue No. 45

The ISSN No. 1499-8831

Winter 2008

TELY HIKE 2007 Officially Opens Sugarloaf Path



Darlene Scott photo

Sugarloaf Path was declared officially open by Municipal and Provincial Affairs Minister Jack Byrne (with scissors) of the Government of Newfoundland and Labrador. He shared ribbon-cutting duties with Karen Skinner of Atlantic Canada Opportunities Agency (ACOA), (not visible in photo) municipal representatives Mayor Andy Wells of St. John's (right), Councilor David Walsh (left) of Logy Bay Middle Cove Outer Cove, and ECTA President Randy Murphy (centre). All three levels of government contributed funding to the Sugarloaf Path project.

The annual East Coast Trail Tely Hike opened to sunny skies and our best team turnout ever on Saturday morning, the 20th of October '07, sponsored once again by The Telegram. The Hike showcased the newly-completed Sugarloaf Path which was officially opened later in the day. Our start venue was at the Royal Canadian Legion on the Boulevard in St. John's just metres from the trailhead.

The fundraising goal for this year's hike was \$30,000 and organizers reported incoming revenues of \$29,760, a combination of hiker donations exceeding \$23,000, at least \$3,500 in corporate proceeds and almost \$2,800 from a silent auction of donated goods and services that were purchased on-site by hikers.

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The East Coast Trail Association News is published by the East Coast Trail Association.

The newsletter appears four times, annually.

The views expressed in the newsletter are those of contributors and not necessarily those of the Association, its membership or funding agencies. Every attempt is made to credit authors for original text and photographers for images. Submissions are welcomed and may be directed to the Newsletter Committee,

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fantastic prizes for individual fundraisers.

"In addition," says President Randy Murphy, "ExxonMobil dropped by the event with a donation of \$10,000 which the company had promised before the Tely event went ahead, so our fundraising tally this year has exceeded expectations!"

Visit the website for more details (www.eastcoasttrail.com) and click on the 2007 Tely Hike logo. Please support the businesses that support the East Coast Trail. ECTA Board members Joy Lawrie and Darlene Scott, who co-chaired the '07 Hike, are interested in hearing from you if you want to help plan the '08 adventure. There is a tentative plan afoot to hold the event earlier in the calendar year, perhaps in June, because the fall of the year is getting pretty crowded with walk and run fundraisers on the North East Avalon. Let us know your opinion. Contact office@eastcoasttrail.com with comments.

More 2007 Tely Hike on page 3

A Word from the President

by R. Murphy



I am very pleased to announce that Steve Joy began work with the Association on January 3rd as our new Office Manager. Please join me in welcoming Steve and wishing him well with the many challenges that lie ahead.

2007 ended with the completion of the trail development initiative between Quidi Vidi & Logy Bay. I wish to thank the Project Management Committee, the project staff and the many volunteers for a job well done.

We are currently preparing to meet with province to tackle the public access and rights-of-way issue we talked about last fall. The initial meeting to kickoff this process should be held in early February. We will keep you posted.

We are also in the process of completing our work plan for the coming fiscal year. We have a lot of work to complete in 2008 and the two most pressing challenges we face are: finding the volunteer resources required to complete the work, and obtaining the monies required to fuel our trail development and maintenance efforts.

We have an immediate opening for the position of VP Revenue & Membership Services and require many more volunteers to support the work of our Committees. Please call to let us know your availability to volunteer, and to inform us of any leads you may have re possible sources of funds.

Some highlights from the event:

- Sugarloaf Path from Quidi Vidi to Logy Bay, 8.9 km of the most ruggedly beautiful hiking our coast has to offer, was officially opened by federal, provincial and municipal representatives.
- Volunteer Mark Graesser, custodian on Sugarloaf Path since 1997 and co-chair of the Project Management Committee, gave hikers a history of the route and thanked our crews for the care and attention given to meeting ECTA's rigorous building standards for safety, durability and protection of the environment. He noted that development of the Sugarloaf Path had presented two unique challenges: creating a clean passage near the regional landfill site, and avoiding conflicting usage by downhill mountain bikers on the White Hills. The ECTA had resolved these problems through cooperation from the City, environmental volunteers, and leaders of the cycling community.
- More than 220 hikers took part.
- Corporate support was invaluable, constituting not only a portion of the direct cash revenues, but auction items and



Darlene Scott photo

Keith Pike, right, individual fundraiser number two for 2007, was presented with a new back pack by Jon Earle of the Outfitters for raising \$1,200, as a member of the Hiking and Adventure Club team. Right behind him were fundraisers number three and four, Angie O'Brien (\$1,020) and Janny VanHouwelingen (\$900) both of the Maintenance Maniacs Team. Keith Pike also won the day's top door prize, a trip for two from our corporate sponsor, WestJet.



Darlene Scott photo

Karen Skinner, Director of Community Development, Atlantic Canada Opportunities Agency (ACOA) brought greetings from the Government of Canada. Hiker and author Mary Smyth, at left, chaired the ceremony.



Darlene Scott photo

Jonathon Earle of the Outfitters, ECTA board member, was on hand to thank Wilf Ayre, top individual fundraiser for 2007 (\$1,250) with a new pair of hiking boots. We know that Wilf, a member of the Maintenance Maniacs Team, will put them to good use. Wilf was also recognized for fundraising in 2006, keeping up what is fast becoming a tradition for Wilf.



Janice Stein photo

Crew Boss Vince Croft and his team were on hand at Tely Hike '07 to ensure safety conditions and give guidance to the more than 200 hikers who used our newest path on Official Opening Day.



The MAINTENANCE MANIACS! raised more than \$6,000 for the East Coast Trail Tely Hike '07! Team members and guests were rewarded with an aerial tour of the southern portion of the East Coast Trail by corporate sponsor Cougar Helicopters on November 18th. *Standing left to right: Geert van Biesen, Erik Veitch, Alan Kenworthy, Peter Simmonds, Ed Delaney, Cougar pilots Captain Stephen Ricketts and Captain JF Lyras, Albert Sutton, Team Captain Angie O'Brien, John Bell, Tsan-Chin Yang, Janny VanHouwelingen and Wilf Ayre. Kneeling left to right: Janice Stein, Greg Bennett, Gail Sharpe (to Greg's left), Darlene Scott, Robbie Hicks, and Tali Smith. Missing is Erika Merschrod, and Anand Yethiraj, who volunteered to take the picture in front of Cougar's Jeanne d'Arc Breeze. All are East Coast Trail maintenance volunteers with Wilf Ayre being an Honorary Member for the Tely Hike!*



Ron Penney, Chief Commissioner and Solicitor of the City of St. John's, surveys how the ECT passes cleanly around the Robin Hood Bay landfill.



Random Jottings

by Michael Boyle

Summer work commitments meant that I wasn't on the trails as much as I would have liked. I did notice a few things, though, and, as always, I will offer some advice and, of course, random jottings to all my loyal readers

Most summers, I get calls from excited new walkers who seem to have gotten my telephone number somewhere and their first query is about going on "The Spout Hike".

Now just think about that for a second. Just imagine you receive such a call out of the blue and you have no idea of the fitness or knowledge of the caller on the other end of the line. Or, to put it another way, if you were a new jogger would the marathon be your first race? What do you say without being discouraging?

Fortunately, though, there is a greater awareness of the ECT and, as a result, this summer I only received one call about starting the hiking experience with "The Spout Hike". Word about "The Spout Hike" and its demands is getting around.

I should let you in on a secret: I have only done the "The Spout Hike" once and that was many years ago with Ed Delaney as hike leader. I still think about my poor feet on the last part of the trail out to Shoal Bay Road.

If you are not fully fit or prepared for "The Spout Hike," you would do well to walk an easier section of the trail.

Pet Peeve

To walk on the ECT is an experience to be savoured and enjoyed to the fullest, so it is passing strange that some hikes are like fell-running or cross-country events. There is never any need to rush and complete the trail even before your hike leader. So enjoy the trail and stop and take in the scenery. Talk to others. Talk to yourself. Live in the moment always.

Up the Shore

During the fall I made a couple trips up the Southern Shore to capture the magic of Caphayden, its stillness and serenity. I can think of so few places in this world which are so tranquil and inviting.

As well, in early November, I had an opportunity to attend the All Newfoundland and Labrador Cross-country Running Championships at Baltimore High School Ferryland. I have to say the principal and staff of that school were gracious hosts and I am not sure if they knew I am a former teacher at this school.

In the early 1970s our cross-country route at Baltimore took in a good part of the old railway track and parts of the present-day East Coat Trail. In fact, back then, Baltimore was a

power house in cross-county running in Canada and rarely would visiting school or Memorial University teams emerge with a victory over the locals.

A highlight of my visit was being able to view a Remembrance Day display honouring all Newfoundlanders from the area who volunteered for service in World War II.

It was a nice fall day walking along the trail with the Downs towering overhead and looking to my left towards the calm sea and the lighthouse perched on Ferryland Head.

I couldn't help remembering one wintery, snowy day I skied out towards the lighthouse to meet Gerry Squires, the artist who lived there for a number of years. Some locals in the area remind me that I once skied the highway from Ferryland to Renew's - a sight to behold, especially in those days!

Ah, younger days and the memories of them

Contact Mike at: www.boyletours.com

ECTA Reps at CSC Luncheon



Darlene Scott photo

East Coast Trail members Jantje Vanhouwelingen, left, and Louise Hustins (centre), chair of the new Volunteer Recognition Committee, got to meet the province's Minister Responsible for the Volunteer and Non-Profit Sector, Hon. Tom Hedderson, in January. Jantje and Louise represented ECTA at the Community Service's Council's annual volunteer recognition luncheon, where the minister was guest speaker. The luncheon was attended by 165 volunteers at the Royal Canadian Legion on Blackmarsh Road, and was held to kick off planning for Volunteer Week 2008 which is celebrated this year from April 27th to May 3rd.



Geocaching ..., Hiking With a Purpose!

Was the only thing that prevented you from going out for a walk, or exploring a trail the lack of a goal? A reason for doing the point A to B and back? Look no further as geocaching is the solution.

Geocaching is an updated version of a scavenger hunt, and is otherwise known as hiking with a purpose. Atlantic Canada has been in on this phenomenon since the beginning. Back in 2000, several people in Oregon got into the habit of heading out on a trail, hiding a "cache" in the woods, taking its position with GPS units and going home to post its co-ordinates on the Internet and challenging anyone to find it.

As GPS units became affordable, there were many people who took up the challenge and once they found the "cache," often no bigger than a Rubbermaid lunch container, bragged about it also on the Internet. This trend caught on and now in 2008, there are over half a million geocaches around the world!

The first geocache in Canada was placed in Nova Scotia in the year 2000. Now that province ranks 41st overall in the world with almost 4000 geocaches. In fact, all of Atlantic Canada is very involved in this fascinating activity. There are over 1200 geocaches in Newfoundland and Labrador alone, many of them along the East Coast Trail!

The little gizmo known as a GPS has gone down in price to the point where it became the "must have" item for 2007. Arguably, even more popular than those iPod music players. You can easily find one at your local big box store like Wal-Mart, Canadian Tire for under \$150 these days. You might even have a relative or a friend who bought a GPS for hunting and never used it. Getting your hands on a GPS might be easier than you think.

But what do you do once you get your hands on a GPS? First thing is to be willing to go out and explore. Geocaching will take you to new places, provide you with new vistas and learning experiences, or simply get you out of the house.

Second thing is to get on the Internet. Since 2000, there is a central website that lists all 510,223 geocaches. It is found easily on the Web by this address
<http://www.geocaching.com>.

Now you need to find some geocaches near your location. Just enter your postal code and see what happens. Take a few minutes, look around the results, and pick something you like. Is it a walk in the park? A short loop along a trail? There is something for almost everybody.

Once you find a geocache that interests you, you need to get the coordinates, or location of the cache and enter them into your GPS. You can enter those numbers manually or transfer

them directly to your GPS with a cable from your PC to the GPS unit. Once entered, you are all set.

All GPS units have the same functionality, and the most basic function used for geocaching is a simple go-to. That's right, once you turn on that GPS and it figures out where it is, that location becomes your point A and point B is the geocache. The GPS will give you the straight line distance and bearing and ... you're ready to go!

There's no need for bushwhacking. That arrow on your GPS display is not going to lead you into unknown, dangerous territory since most geocaches are just a few feet off-trail. This makes it a lot easier when you have a nice groomed trail to travel rather than crossing into the untrodden. As you journey, the GPS unit receives signals from at least 6, maybe more, satellites overhead. The GPS unit takes those signals, does some fancy math and determines your position to within 3-6 feet.

So what are we looking for exactly? Most geocaches are containers, anything from an old 35mm film canister to a lunch box. Inside the container, you will always find a log-book and pencil/pen for you to enter your name/nickname and date. If there is room, there might be a trinket or a trade item. You can remove a trade item as long as you replace it with another item of equal or greater value.

The challenge still remains to actually find the container. While the GPS unit is a remarkable piece of technology, most of the time it will not lead you directly to the geocache. You might have to actually search for the cache at the last 20 feet or so. This is due to conditions like tree cover, rocks or a slight variation in the GPS of the person who hid the geocache in the first place. All are variables to challenge you even further. At this point it becomes an old fashioned needle-in-a-haystack search.

After you return home, you can "brag" about your find on <http://www.geocaching.com> by posting a log. Most people opt to write "Thanks for the cache," but others write more interesting and elaborate accounts of their adventures. The person who owns that geocache can keep tabs on these logs and see how many people enjoy finding it.

What geocaching does is give you an excuse to get out and roam a new section of trail, or bring the kids out on an exciting excursion. What better way to get children away from the TV than looking for hidden treasure in the woods! Adults, discover new areas and perhaps meet new people. Those who hid the geocaches at specific sites did so with a purpose; They wanted you to come and visit that location. There might be a piece of history involved, or a lookout - something they wanted you to see, wonder at or experience.

There are many variations on geocaching which will keep the activity interesting and drive your curious nature.

For a more local flavour, there is a regional association for geocachers.

It can be found at <http://atlanticgeocaching.com>.

Views of the Spout

The Spout, a wave driven fresh-water geyser on the Spout Path north of Bay Bulls, has given thousands of hikers the spectacular experience of watching its water plume reach for the sky. We thought you might enjoy two very different views of the Spout. Thanks to Darlene Scott for the fall shot and to Tsan-Chin Yang and Jantje Vanhouwelingen for the great winter shots.



ECTA members, mostly the ever-enthusiastic Maintenance Maniacs, snowshoed to the Spout in late January 2008.



The closer up views show the 'snow cone' which builds around the Spout in winter.





This photo was taken from the air when Cougar Helicopters flew Tely Hike fund-raising winners, the Maintenance Maniacs, overhead in mid-November '07, just a few days after very heavy rains.

Volunteer Week 2008

You are invited to a celebration of volunteering as Volunteer Week 2008 gets underway.

Come and hear the inspirational words of hiker TA Loeffler, celebrate volunteerism and plan your hike season with friends!

Time: 2:00 to 4:00 pm.

Date: Sunday 27 April 2008

Place: Johnson GEO Centre, Signal Hill Road, St. John's

N.B. TA's book "More than a Mountain, One Woman's Everest" will be published in April 2008

No charge: all volunteers welcome Door Prizes. Finger Foods



A Volunteer's View...

My Concern for the Trail Maintenance Program
by Albert Sutton



I am an active Trail Maintenance Volunteer with the East Coast Trail Association as a chain saw operator. And I have a concern for the future of our volunteer maintenance program.

Contrary to the public's belief, the ECTA functions on volunteerism.

Volunteers are the heart and soul of the ECTA. A volunteer is a person who freely offers him/herself for a service or undertaking. One who performs a service willingly and without pay. Such a person has a commitment to a group/organization in its efforts to attain its goals.

For the past five years I have had the pleasure of working with many dedicated volunteers. Some have stayed while others have left. At present, unfortunately, more are leaving than joining our ranks.

In the early summer of 2007, I undertook a phone survey which involved a personal contact with the ECTA's list of maintenance volunteers. It showed that for the past several years we have had a drastic decline from a list of 233 names to a present list of 69 who expressed a desire to remain in the program. Worse still, at the end of our 2007 season, records show that only 13 members were actually involved in the pro-

gram on a regular basis, while an additional 44 were involved in 1 - 3 outings.

When you consider that we have almost 300 km of trails to cover, this steady decline in member participation simply translates into very low maintenance coverage.

For quite a few years, we have enjoyed a first-class and world-renowned status. A hiker of the East Coast Trail expressed this "We have traveled as far as New Zealand to find exceptional hiking experiences only to find places, such as the East Coast Trail, within Canada, to match anything the world has to offer."

If we are to retain our status we must improve our maintenance. We can do this, but we need more, much more, involvement by you, our membership.

How can you help?

Simply renew your commitment. Become an active member, get out on the trail in the coming 2008 season and help maintain our standards.

Remember -Many hands make light work. Call me, Albert, at 368-8647 to register.



Treasure in Church Cove

Church Cove is located on the south side of Cape Broyle and was reputedly the location of buried treasure.

First talk of treasure came up in a conversation between an English captain who had made harbour in Cape Broyle and two locals. The three, a certain Captain Stabb, owner of Ewan Stabb and Company, a local man named O'Brien and another whose name is unknown were chatting near a merchant's wharf in the community. At some point in the conversation, the good captain supposedly asked the other two, "Why don't ye go hunt up that treasure that is buried on the south side of your harbour?" The two local residents were more than sceptical, having never heard anyone of their acquaintance spin such a yarn.

Captain Stabb, however, was undeterred, insisting that his story was true and had been told to him by a dying sailor whom he'd met somewhere in South America years before. This man, close to breathing his last, claimed to Stabb that though he had nothing to do with the treasure himself and had never seen Church Cove, he'd been told the story by a person claiming to know where the treasure was buried.

The dying man told Captain Stabb that the principal point of reference for the treasure in Church Cove was a large tree but was unable to specify how far or in what direction from the tree the treasure was located.

The story was the buzz of the harbour for some time but was not taken seriously and gradually faded into memory, surfacing only occasionally during the next two decades or so. Surface it did, though, some twenty years later and, at that time, a group of men, led by a John Dalton, a Cape Broyle resident in his early forties, determined that they would attempt to find it.

Not many new enterprises were undertaken in those days without church approval and so John Dalton and his companions approached Fr. Clancey, parish priest of Ferryland and Cape Boyle from 1874-84, for his blessing. To their delight, Fr. Clancey not only gave his blessing but asked if he could come along as a sort of adventure or diversion from his regular routine.

It was a nice day and the water was smooth when John Dalton, his companions and Fr. Clancey set out for Church Cove to find the buried treasure. Once ashore, they climbed the hill at the west end of the cove and, heading east, began to dig test holes here and there.

They were all in high spirits and all the more so since Fr. Clancey was with them. Dig after dig proved disappointing, though, until ..., finally, there came to light four or five small pieces of silver, like something broken from sacred vessels!

On and on they dug but, alas, nothing more substantial was found that day. Dalton, Fr. Clancey and the others agreed that the fragments that they had found proved the truth of the treasure but, sadly, it had been taken away, probably hurriedly and at night which would explain the pieces that had been broken.

The buried treasure, if it ever existed, may have been taken from Church Cove scores of years before the Dalton-Clancey dig. No one can say, one way or the other and, certainly, not much was said or done about it thereafter.

The real treasure of Church Cove is, more likely, the role it played in wresting the bounty of the sea from its surrounding waters. There is a rock or point on the eastern side of Church Cove about half way between the bill of the cape and Church Cove Beach. Local fishermen called this the Hauling Rock and, in the days before the cod trap as we know it, vast 'hauls' of fish were caught in cod seines.

Those thousands of quintals of cod, together with countless dory-loads of capelin, squid and herring gave value to the economy of Cape Broyle and provided a treasure to many, mostly and perhaps unfortunately, though, to merchants and middlemen.

Bent on Traveling

In August 1975, Michael Murphy left his home in Stevenage bent on traveling around the world by bicycle. Over the next two years he was robbed by Yugoslavian peasants, stoned by Afghani tribesmen, and nearly frozen to death in a Mongolian snowstorm.

"Maybe I'm crazy," he told a journalist from a hospital in Shanghai, "but since I was a child I have always wanted to see the world. I suppose I could have gone by plane but this seemed more exciting. I only hope that I don't have any more problems."

Murphy soon resumed his travels through China and arrived in South America exactly a year after leaving Britain. He stayed for a few weeks in Chile, continued on through Argentina, Brazil and Central America, and reached America in time for Christmas.

He celebrated the new year by cycling up the east coast into Canada, before finally returning to London's Heathrow Airport in April 1977. Having traveled 25,000 miles, he had only to ride the last forty miles home to Stevenage...

Alas, his hopes were crushed, as was his bicycle, by the carousel connecting the plane to the customs hall. Murphy, broke and broken, had to hitch a ride home in a car.



Trail Development Update

*Geoff Emberley, Vice President
(Trail Development)*

*Board of Directors, East Coast
Trail Association*



The Trail Development Committee is pleased to inform members that the Sugarloaf Path (Logy Bay to Quidi Vidi) project has wound down after a successful construction year. Further, a budget for 2008 work on sections of the Pouch Cove to Flatrock, and Flatrock to Logy Bay sections of the trail has been prepared and submitted to ACOA for funding.

The Sugarloaf Project had three main funders: Atlantic Canada Opportunities Agency (ACOA), the City of St. John's, and the Government of Newfoundland and Labrador. This was combined with an incredible amount of volunteer labour by an exceptionally talented and hard-working Project Management Team, and many others, to bring Sugarloaf Path to our highest standard. If you hiked the Path this past summer or fall, perhaps as part of the Official Opening in October, you know that development north of St. John's is worth the effort. Maintenance issues will recur, of course. We have already completed our first significant repair on Sugarloaf Path, at the bridge over John Howard's River, and we remain dedicated to improved parking at the trailhead on the Logy Bay end.

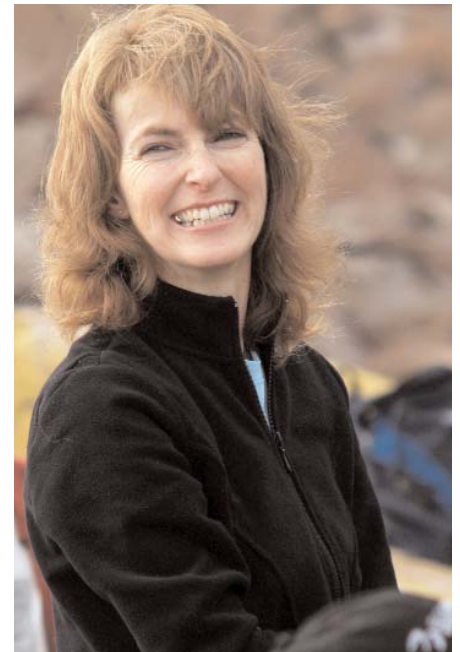
The Trail Development Committee has prepared a 2008 project proposal for the Pouch Cove to Flatrock trail to bring this section to the same standard as the Sugarloaf Path, and for the Flatrock to Logy Bay section in preparation for 2009 upgrading work. The 2008 project description and its associated budget have been submitted to ACOA for funding. We are trying to secure our 2008 project funding from ACOA and others over the next month or so.

The Pouch Cove to Flatrock 2008 construction project is proposed to include three bridges. Your Board has worked with more than 30 private landowners to obtain ongoing access and upgrading of the Pouch Cove to Flatrock trail, and we feel the several remaining landowners will provide us the same ongoing access and upgrading permission.

Thanks to our crews who worked on Sugarloaf Path under Ed Delaney's direction, to the project management committee, including Mark Graesser, Bruce Shelswell, Barry Mackay and Corrie Davis; and to others for in-kind professional services.

Thanks to everyone who donated to the Tely Hike in 2007 because those financial contributions are helping to make it possible to move forward with the next phases of this world class Trail.

Thanks to Angie O'Brien



It's only right that Angie O'Brien, fearless leader of the (High) MAINTENANCE MANNIACS receive a short, loving tribute in this newsletter.

The 8th Tely Hike event took place October 20th, celebrating the official opening of the 9 km Sugarloaf Path. It was a blustery, dry day and the turn-out was excellent. Our team, the core of the ECTA maintenance team, had already done most of our work! We had raised over \$6,000 for our favourite charity, an amount far beyond any team's accomplishments in any year that this major annual fund raiser has taken place.

How did this come about? Well, of course, Angie O'Brien, sweet looking and soft pedaling at a cursory glance, is actually a very tough master. The idea that the volunteer maintenance crew enter a team in this competition was well received. Angie, however, would not allow anyone on the team who wouldn't commit to raising minimum of \$100. Then she kept us at it with a flurry of emails and calls, reminding us of the rewards of hard work and threatening us at every turn with a touch of the "Tely-Boot" to the rear if we were not sufficiently productive. All this over a short few weeks.

Angie and I were also on the organizing committee and fired up with constant preparations for the big event and Silent Auction on that day, so getting good results on this fund raiser was never far from our minds. Angie personally educated a large portion of St. John's on her door-to-door campaign, and all kudos to her for that.

Thanks, Angie. Thanks for being our leader. Thanks for keeping us on track. Thanks for helping us win that fabulous Cougar Helicopter ride. It was a great experience. We had a Great Team. Let's do it again!

jantje vanhouwelingen



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MEMBERSHIP

We invite you to join the 600 members whose essential support helps the East Coast Trail Association build, promote, and maintain the Trail for generations to enjoy. Receive quarterly newsletters and weekly event schedules.

- Annual Individual / Household \$25
- Annual Small Business \$100
- Life Membership \$500

Send name, mailing address and email address with payment to: ECTA, P.O. Box 8034, St. John's, NL A1B

THIS IS YOUR NEWSLETTER!

We're always looking for ideas; send us your photos or tell us about your hike. We're interested in hearing about your ECT experiences.

The deadline for the Summer 2008 newsletter is May 20, 2008. Submit to office@eastcoasttrail or to 50 Pippy Place. Thanks to Randy Murphy, Wanda Cuff Young Merissa Wiseman and Lewis Greenland.

EAST COAST TRAIL



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