



Winter 2004

# NEWSLETTER

St. Croix Hiking Association, P.O. Box 5060, Kingshill, St. Croix, V.I. 00851-5060

## The President Speaks by Sonia Maynard-John

I wish my hiking partners and friends a blessed and prosperous 2004. The St. Croix Hiking Association was established in 1998 by a group of Virgin Islanders who wanted to know more about the natural, cultural, and historical sites of the island.

Last year the Association accomplished many great things. Our major highlight was hiking Dominica, the “nature island” of the Caribbean. Our focus is to continue to expand our horizons by involving the community at large, especially the youth, thru our educational activities such as hiking and lectures on the cultural and natural resources of the Virgin Islands and the Caribbean.

This year we joined forces with the Virgin Islands MOTTEP group to encourage young people to walk, which will improve their health, thus reducing obesity and other medical ailments.

Volunteering for community projects is another activity of the Association. Members have helped to build bridges and walkways for the new Estate Adventure Nature Trail.

This year, we are looking forward to having everyone—particularly the youth— participate in the adventures, challenges and fun activities of the St. Croix Hiking Association.

## 2004 CALENDAR OF EVENTS

<b>January</b>	7th 18th	General Meeting Rm 133 UVI ext. Gasperi Farm Hike
<b>February</b>	4th 21st	General Meeting Rm 133 UVI ext. Estate Bethlehem Historic Walk
<b>March</b>	3rd 14th	General Meeting Rm 133 UVI ext. Recovery Hill Hike
<b>April</b>	7th 10th	General Meeting Rm 133 UVI ext. Estate Clairmont Hike
<b>May</b>	5th 10th	General Meeting Rm 133 UVI ext. Lighthouse at Maroon Ridge
<b>June</b>	2nd 12th 16th	General Meeting Rm 133 UVI ext. Columbus Landing St. Kitts/Nevis Trip (return July 4th)
<b>July</b>	7th	General Meeting Rm 133 UVI ext.
<b>August</b>	4th 8th	General Meeting Rm 133 UVI ext. Buck Island Trip
<b>September</b>	1st 19th	General Meeting Rm 133 UVI ext. Wills Bay Hike
<b>October</b>	6th 10th	General Meeting Rm 133 UVI ext. East End Hike
<b>November</b>	3rd 11th	General Meeting Rm 133 UVI ext. Hassel Island off St. Thomas
<b>December</b>	1st 18th	General Meeting Rm 133 UVI ext. Holiday Season Party

## TIPS FOR HIKING

1. Wear comfortable, loose fitting clothing
2. Use sunscreen/ wear a hat
3. Wear comfortable, well fitting shoes
4. Carry snacks and/or fruit
5. If allergic to bees/plants—carry medication
6. Avoid consuming a heavy meal before the hike
7. Let someone know where you plan to hike and when you expect to return
8. Be aware of the weather and plan accordingly
9. Carry 10 oz of water for every hour that you plan to hike.
10. **Never hike alone—join the St. Croix Hiking Association!**

