



ON THE TRAIL NEWSLETTER

CALGARY WEEKEND HIKERS

December 2014

Winter Edition

Important Dates

- **NEW DATE AGM**
Saturday
Jan. 10, 2015
- **NEW MEMBERS ORIENTATION**
Tuesday
Mar. 17, 2015
- **HIKE SEASON START**
April 1, 2015

- [From our Online Photo Gallery](#)



1980 - Windtower



The Intrepid Terry Wilson
Twin Trail - Snowshoeing 2003



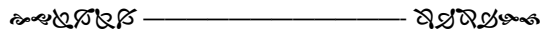
2013 - Guess Who? Where?

From the editor...

What a wonderful summer...and autumn for that matter! Enough hot weather to warm the bones for winter and more than enough glorious days to enjoy nature. Not everyone stops walking in winter. In this newsletter, you will read how one of our members actually enjoys hiking in winter. No matter how you enjoy or get through winter, do what you do and come back refreshed for another season of good hiking and good cheer!.



Cheers!
Robyn



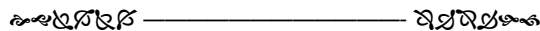
President's Chat



Many of you have been frustrated with the long wait list on hikes. Our suggestion that members limit their hike sign-ups to only those hikes they knew they could do, did not solve the problem. Clearly, something had to be done. After much discussion, the executive decided to bring in rules regarding sign-ups, cancellations and no-shows. These rules are spelled out by Robyn, our newsletter editor, in this edition. Compliance will be monitored by the web site and will be ready for next season thanks to Fritz, our webmaster. Review and revision will take place during the 2015 season so please make your comments known to the executive.

I would like to thank Donna Bower (Hike Planning Coordinator) and Jir Bartek (Vice President) for their work on the executive this past year. We wish them many pleasant days on the trail. Our 2015 Executive Committee slate is almost full thanks to members choosing to continue and new members standing for election. Please support your club by attending the AGM on Saturday, January 10.

Thank you.
Marlene



The CWH Executive Committee

President: Marlene Wiens
 Vice President: Vacant
 Secretary: Peter Morgan
 Treasurer: Terry Wilson
 Membership Coordinator: Ann Murphy

Hikes Planning Coordinator: Donna Bower
 Social Coordinator: Elke Schapansky
 Newsletter Editor: Robyn Hay
 Archivist: Janet McMaster
 Communications Coordinator: Fritz Kiessling



ON THE TRAIL NEWSLETTER



the villages around Calgary that are not in your line of sight or situated in a valley. The highlight is in the sky on the moonless nights.

The lights obscure the faint stars to the east but the centerline is truly the dark sky viewing. There are glowing clouds of milky-way from the south thru the northern sky were you see the big dipper. Little dipper and the north star all glowing like they have been there for millennia. The Pieties are like a little dipper but with a bevy of other stars making it like a glowing mass as well. If you knew where the Oort Cloud was, I swear you would see it with your naked eye as the oval ring that the telescopes see.

With all this illumination from the sky you can turn your light off and walk across the snow when above the trees. Starlight walking is a real treat.

As you do this the mountains' jagged line gets more defined with your night vision and you don't just see the hand saw edges but the streaks of snow lining the gullies on the rock faces. The trees seem dark and sinister under them. A dark splotch of mystery lining the slopes to the rock faces.

In this darkness you see just one bare patch that looks like a footprint. Like a giant has taken a step and the next one was over the hurdle of the peaks that reach up above 9000 feet into the thin air.

What moves us on a higher plane from those other droves of hikers to the epitome of craziness is simply the nonchalance my little group exhibited when we came across an obvious cat track in a rotary gallop pattern.

We were crazy for we followed the track down our trail at our usual pace. A nocturnal creature that hunts mammals for a living and here we lope off to follow it! Sure, it looked like it was little in the new snow but no more than 20 minutes old in the deepening new snow. Those little tracks add up to a formidable bundle but we had our own skunk-like protection so we were armed.

Unfortunately the Lynx would not know that but it moved away from our group anyways without ever seeing the cat. As elite hikers/ climbers we headed back to our civilization and our car. Then again, I was the crazy one for I was the last one in our group.

Steve Thor

සමුද්‍රාලය ————— ඔන්ලයින්

Group Hiking – Why and How

Why do we hike in a group?

For safety, companionship and a shared outdoor experience.

How do we hike in a group?

Always make sure you can see the person behind you. If you can't see that person... wait until you do.

Why Wait?

As above – for safety, companionship and a shared outdoor experience. No one will get lost, and there are others around if something goes wrong.

සමුද්‍රාලය ————— ඔන්ලයින්

Pot Luck 2014

94 members attended the Pot Luck dinner, about the same as last year. It was a relaxed evening and



the catching up of the summer's events and highlights with old and new friends and fellow hikers.



ON THE TRAIL NEWSLETTER

CALGARY WEEKEND HIKERS

A great variety of food such as appetizers, main dishes and desserts were provided by those members in attendance and very little was left over at the end of the evening.

Peter Morgan gave a brief talk about the Backcountry Emergencies course that was held for club members in September and will, hopefully, be repeated in 2015.



Elke



BACK COUNTRY EMERGENCIES COURSE

This course was in two parts and was designed and conducted by Rocky Mountain Adventure Medicine Inc. The maximum number of participants is eighteen. The first part was a four hours classroom session on a Thursday evening followed by a full day in Bragg Creek Provincial Park the following Saturday. The course is valuable for everyone who goes into the Back Country, particularly hike leaders.

Our Instructor, Doug Ritchie, lives in Rocky Mountain House. He is an EMT and ambulance attendant. He is also a member of the Back Country Search and Rescue Team located at Rocky Mountain House.

We spent the Thursday evening looking at how we should prepare for what might occur in the Back Country. He made the point that First Aid Courses, such as those run by St John Ambulance, are great training but are based on the urban environment where you can make a 911 call and an ambulance will be there in 15 to 20 minutes. This is not the case in the back country. You may not be able to make a call and an ambulance will certainly not be there in 20 minutes. Hence the emphasis on being prepared.

We then learned what needs to be done when

an incident occurs. First you have to stabilize the situation and make sure it is safe for the injured person and the rest of the group. Next you must determine the hazards you face and the capabilities of the group. Then assess what problems you are facing; such as how serious is the medical situation, do you need help to evacuate the injured person, how are we going to get that help?

We then looked at what has to be done to get the injured party out, or if it is more serious and you have to wait for help to arrive, what must be done for the patient and the group. First is to make sure the patient is kept warm and if necessary light a fire. Determine if there is a location where a helicopter can get to you. How will the helicopter crew see you – can you light a fire? Do you have a bright coloured tarp to spread out on the ground? What happens if a helicopter cannot get to your location? We learned that it is almost impossible for a group to carry someone on a stretcher for more than half a mile and if you are in a location where a helicopter cannot be used the rescue team will come with a special stretcher to take out the injured party!

On the Saturday Doug set up scenarios we could encounter. For each of these he chose volunteers to act as victims and broke the rest of into small teams and then had us report on what we had encountered. Some of the cases were situations that most of us had not considered, such as how to deal with a diabetic person in distress and who could go into a coma if not given something with sugar or glucose. Each scenario was an excellent learning experience.

The weather on the Saturday was cool and not very pleasant. However everyone was enthusiastic to the end and we stayed outside the full time. Doug Ritchie is a talented instructor who provided many anecdotes of situations he had run into during his career, many of them very serious and some quite humorous.

I would recommend this course to everyone.

Peter



ON THE TRAIL NEWSLETTER

CALGARY WEEKEND HIKERS

Hike in the Now!

Hiking in the now is a learned experience. We hike in the now, because we never know whether we can come back here or not. Sometimes it is our own personal limitations, like health issues or moving to another city, sometimes it is Mother Nature herself.

For years I led a hike to Frozen Lake. That was then, this is now. After the last floods, the last I heard, that hike is not accessible anymore unless you want to clamour over a large area of large deadfall (break- a- leg stuff) and hope it doesn't rain to make it truly more treacherous.

This year there were two hikes that truly brought home that thought. The first was Grass Pass. The trail was there, but what had disappeared over that flood season was the parking lot and the sign of that parking lot just west of Longview...it was a large parking lot, not a pull off. It was big enough for horse trailers to take advantage of this area. Not a smidgeon of it was left. So we parked on the highway and found the trail.



Baldy Pass

Another was Baldy Pass. What used to be a small stream was like many areas in the Rockies these days...gravel...lots and lots of gravel.

So next time you are in Nature, don't take it for granted. Think about taking it all in at the

time. One never knows what is next around the corner.

Robyn

~~~~~

## Obituary Naunton (Newt) Henderson

Newt Henderson of Calgary passed away at the age of 81 years after a long battle with Cancer. Newt was an avid hiker and co-ordinator with the Calgary Weekend Hikers for nearly 20 years. He will be missed by all of us who knew and hiked with him.

~~~~~

2013 - Guess Who? Where? - Find it There!

[CWH Online Photo Gallery](#)

[2013.05.19 - Bowness Valley Ridge - Baker Park](#)

You must be logged-in to view the photos!

~~~~~



Canadian Street Gang - They too can really mess you up!

**All the Best for the  
Holiday Season from your  
Calgary Weekend Hikers!**