



ON THE TRAIL NEWSLETTER



Dec 2016

Winter Edition

Important Dates

- November 1 Winter hiking season opens (see inside)
- Jan 21, 2017 AGM at Marda Loop Hall
- March 11, 2017 New Members Orientation
- April 1 Summer hiking season opens
- TBA Back Country Emergencies Course

From the Online Photo Gallery

- [Sulphur Mountain](#)
1. [On the Hike](#)



2. [In the Pool after](#)



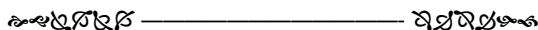
From the President

This is my last article for the Newsletter as President of the CWH. I just wanted to make it public that it has indeed been a pleasure to work with our Executive for the last two years. They are a great group of people who are truly dedicated to the management of the Club.

Here it is November and we are still able to get out and hike.! Although I would rather be skiing this time of year, the opportunity to hike in the city and foothills reminds me that you can list a hike, or snowshoe, on the CWH Calendar this winter. These hikes will not count toward your required four hikes/season, but it gives you an opportunity to advertise your activity so that interested members can join you on your event.

Please read the article about multi-day hikes in this edition of the Newsletter. There have been some changes for the coming year that you should be aware of if you plan on coordinating a multi-day hike or participating in one.

All the best to you in the coming year!
Richard



From the Hikes Planning Coordinators

We are now at the end of an amazing year of hiking and the beginning of a new era for the Calgary Weekend Hikers. We just finished the year with a record number of hikes and our website has already seen hikes & snowshoes during our new "Off Season" period.

The 2016 hiking year started with some new approaches.

Prior to the start of the season we asked a group of members to explore potential ways the CWH could encourage more members to coordinate hikes. This resulted in the creation of the:

1. "Hike Posting Team", a group of club members who agreed to assist other members in posting a hike on the CWH website.
2. "Hike Mentors", a group of club members who agreed to assist any new Hike Coordinator as a mentor. A few of the new Coordinators took advantage of this opportunity.

The CWH Executive Committee

President:	Richard Walker	Social Coordinator:	Gerry and Doris Cyre
Vice President:	Doug Hackbarth	Communications Coordinator:	Fritz Kiessling
Secretary:	Peter Morgan	Archivist:	Janet McMaster
Treasurer:	Terry Wilson	Newsletter:	Dorothy Whitson
Hike Coordinators:	Barry and Wendy Schur	Webmaster:	Fritz Kiessling
Membership:	Shirley Marsh		



ON THE TRAIL NEWSLETTER



Spring 2016 was the first time the CWH did not do a pre-season global phone call out to members requesting that they lead a hike. Instead, a series of e-mails were sent out to various segments of the club membership encouraging them to start listing hikes. A specific e-mail was sent to all members who had the ability to list their own hikes. A separate email was sent to all other members encouraging them to contact the newly formed "Hike Posting Team" to help them get their hikes posted. There were 100 hikes in April & May 2016.

97 Hike Coordinators (37 New) led hikes this season. There were more than 300 hikes listed this year compared to 266 in 2015. More than 3,400 hikers participated in 2016 compared to 3,140 last year.

With the increased number of hikes, the average hike size shrunk from 12.3 members per hike in 2015 to 11.1 members per hike in 2016. We believe the reduction in the hike sizes is a good thing and hope that this trend will continue.

Throughout the year we encouraged all interested club members to list their own hikes, and we provided them with website access. More than 150 club members now have the ability to list their own hikes.

We are planning something a little different next spring to kick off our official hike season, In early March, 2017 we are planning a "Hike Coordinator's Appreciation Evening" to show our gratitude to all of the hike coordinators that led hikes in 2016. Hopefully this event will get us off to another great season of hiking in 2017.

Have a Merry Christmas and keep active!!

Barry & Wendy Schur
Hike Planning Coordinators
Calgary Weekend Hikers

~~~~~ ❄️ ~~~~~



## Hello Weekend Hikers

-- by Dorothy Whitson --

Here we are at the end of another very successful hiking season and looking ahead to our winter hiking season. Where does the time go? I hope that your hiking this year have taken you onto new trails and new challenges and along the way you have had new experiences and made some great memories for yourself.

And mostly I hope you have met more of your fellow Weekendenders. and shared some great times together.

Without our members who volunteer as hike coordinators, we would not be able to enjoy the number of and variety of hikes offered to our membership. This is so very much appreciated. The Club is considering hosting a Hike Coordinators Appreciation Night sometime in March as a way to say thank you and to let you know how much your efforts and commitment are appreciated. Stay tuned.

Our Pot Luck on the 29th October was a great success. Thanks to all who came with food in hand and lent a helping hand cleaning up.

The new "CWH Off Season" hiking and snowshoeing program began on November 1, 2016 and will run until 31 March, 2017. So far there have been a few hikes and the initial feedback has been positive.

Mark your calendars for the AGM on Saturday, January 21, 2017 to be held at the Marda Loop Community Centre. Another date to keep in mind is the Potluck Dinner to be held next October 28th. One more date to note: the Backcountry Emergency course will be offered the weekend of June 9 and 10th. If you haven't been able to take it, it's well worth taking.

I hope you will feel free to send articles that you would like to see appear in the Newsletter. I want to sign off by wishing all of you a very happy Christmas season and the very best of hiking in the New Year.

~~~~~ ❄️ ~~~~~




ON THE TRAIL NEWSLETTER

CALGARY WEEKEND HIKERS

such as a heart attack, a stroke, a fall resulting in head injuries, an impalement from an errant branch. On Saturday we reconvened at Bragg Creek Provincial Park and spent the day with Doug acting out various backcountry scenarios and applying some of the skills we learned in the classroom.

A...Airway...Breathing...Circulation...D...Deadly Bleed...and E...Environment, these are the conditions looked for immediately when one first encounters a medical situation. Secondly one then looks for signs and symptoms such as allergies, medications, past medical history. The course deals with the what happens next!

The course included the following topics: extended care principles, scene and patient assessment, airway and breathing management, spinal care, fracture care, bleeding and wound management; shock, environmental emergencies, packaging and transportation, and outdoor first aid kits.

This is a very focused review of typical medical and traumatic injuries that you may experience while enjoying an outdoor activity or backcountry trip. Doug was an engaged and enthusiastic instructor. I would highly recommend taking this course next time the Club is sponsoring it. I believe there is one being offered in the summer of 2017.

A very special thanks to Terry Wilson for organizing this event.

~~~~~

**When all is said and done,  
usually way more is said than done.**

### ABC ...maybe back to school

This hiker is on the trail with a group, when he falls and hurts himself so that he can't get up and is in real pain. A nearby female hiker comes over and starts to check what's wrong. Another hiker rushes over, pushes in, and says he took the Back Country Emergencies Course, and knows exactly what to do. He starts to go through the ABC's. Probably not totally sure, he seeks affirmation from the first helper. He says "See, I am going through the ABC's, to check for airway restriction, if there is breathing, and if there is blood circulation." The female standing beside him says "you are doing just fine." Then adds "..and when you get to the part where you are supposed to ask if there is a doctor in the group, ...I am standing right here!"

~~~~~

The Best of the Season to All!

