



ON THE TRAIL NEWSLETTER



November, we have processed 283 applications, including 71 Honorary Members and 212 Active Members. We will begin processing new member applications in early December. Pati

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## **A Hiking Note**

-- From Mike Cogut --

I've been hiking and coordinating hikes with the Club for a few years and wanted to share a few thoughts on how to make our Club work better for our members and volunteers.

1. Wait Lists. Don't be afraid to put your name on the wait list for day hikes and mark it in your schedule. Assume that your name will be moved to a registered member of the hike. The vast majority of our hikes have room by the date of the hike. In many others the coordinator decides at the last minute to take everyone on the wait list. It is a rare occurrence that hikes are conducted with people still on the wait list.
2. Pace. Everyone has a different natural pace. Having a different pace than the rest of the group can spoil your day and can also effect the rest of the group. I recommend that coordinators add a comment to their hike description regarding the forecasted pace of the hike and participants consider these comments before signing up. If in doubt, contact the coordinator.
3. Pace vs. Difficulty. I have spoken to many members who would like to see some difficult hikes put on that proceed at a more relaxed pace. If you find that you would like to do more demanding hikes but are not wanting to speed through the day, consider posting the hike yourself at a pace that makes sense to you. You'll be surprised at how many people sign up.
4. Name Tags. It is really helpful to the coordinators and other participants if everyone has their name tags displayed on their packs.

5. Posting hikes. Post as soon as possible prior to the hike to give participants time to fit the hike into their schedules.
6. Our Club's health is a function of the number of hikes we put on. Consider posting and coordinating your own hike. It's usually a lot of fun, people really appreciate it and you get to go where you want. If you haven't done this before think about co-coordinating a hike with a hiking buddy or a Club mentor (see [http://www.calgaryweekendhikers.com/member/portal/officer\\_rpt\\_group\\_club\\_hikementors.asp](http://www.calgaryweekendhikers.com/member/portal/officer_rpt_group_club_hikementors.asp)).

Mike.

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Last Official Hike of the Season

-- by Stephen Thor --

The snow had settled into a white blanket all over the countryside. It was enough to leave a light layer under the old trees and into the depths of the cool forest, to make a wonderful visual tableau for the hike, beside the burbling and frozen creeks of Prairie Link Trail.

The last hike of the year and I join in to a group of eight others. It is a Wednesday hike and I am worried for I ran into traffic problems and it took an extra half hour to get there. I had ten minutes and the fifteen to get ready in the bag, but I was holding up the others by my not allotting more travel time. (I got my chops busted as a late arrival should but was mostly forgiven after the group warmed up from the activity. For some that was a lot longer than is comfortable so I was sad to have caused the discomfort).

I am driven by the things I am reading most recently, so I had a burning question to put to my fellow hike mates. It didn't take too long to find the answer.

I have to admit I enjoyed the book, "*Last Child in the Woods*" by Richard Louv, about the "nature deficit disorder", that seems to have happened with some of the hippies' children and some of the current brood of children.



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**CALGARY
WEEKEND
HIKERS**

The article I am reading comes from the current Nature Conservancy of Canada's (NCC) blurb titled, "*Prescribing nature*" by Zack Metcalfe, author and freelance writer. The byline is, "For the sake of a healthy and sustainable future, time in nature is essential, Doctors now have the research to prove it".

The premise is that you feel calmer, less stressed, and happier when you go out in nature. Ten years ago, Dr. Meliissa Lem prescribed nature to a young man battling attention deficit disorder at the south Georgian Bay Community Health Centre near Wasaga Beach in Ontario. It goes on to mention the benefits for some with PTSD. Nature is a restorative force and they have a formula figured out that having ten or more trees on your block improves self perceived health, equivalent to being seven years younger, or \$10,000 a year richer.

The findings are described as powerful and mysterious. (I alone have three mid sized trees and four starter trees on my little patch of this earth, but only two out front to share with the neighbours that will walk past).

So on my hike I thought I was with a band of like minded people and I asked the group about health benefits of hiking in the woods. The consensus was, "duh!". How could you not know! I guess it is obvious to most everyone who hikes into the woods for a restorative dose regularly. Obvious to this band of hikers, and to me too, it is obvious. The woods help keep you centered and healthy, ...and healthy in many ways.



Isn't this the way to enjoy lunches!

Some said they hike for the scenery and the views. Others like me mentioned, some other elements like those crazy people (do you include me? who goes, close to home, up the mountain in summer and winter but has a multidimensional approach to the enjoyment?) who go up prairie mountain multiple times a year for exercise.

I mentioned to the hiking group, the chap I learned from, who enjoyed the hiking for the smells. I mentioned this, just as we walked thru the aspen forest that was redolent with the smells of the fall leaves. Then I mentioned the other identifiable smells they would likely relate to, like the juniper of the high alpine forests or the pine forests that are in no way duplicated by those tree shaped car fresheners. Some go to experience the change in seasons, the wildflowers or they revel in the occasional spotting of wildlife. All good reasons on their own but are part of the whole to me.

Here I mention Peter Wohlleben and his easy reading books, including "*The Secret Life of Trees*", "*The Secret Wisdom of Nature*", and "*The Inner Life of Animals*". In one of these books he mentions that walking in the woods and specifically pine woods has an antibiotic effect on humans. (it is likely the Trees book, for that is the one I have not had returned to me from loaning out as he has a great bibliography at the end of his books and I can't find the reference in the two books in my library). And so there is somewhere some research, that supports the life rejuvenating effects of a walk in the woods and I happened upon it in my reading. (somewhere).

My recent reading of Zack did bring the topic back home to the purpose of the NCC and their blurb, in that the NCC is trying to bring some properties to public use to educate and enliven lives with nature such as the Cross Conservation Area south of Calgary.

Our outing that day provided many benefits that included the outdoors, and exercise and other perspectives from the conversations, but also a nice communal time in a group of like minded hikers.



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CALGARY WEEKEND HIKERS

If you are part of our hiking family group, you may be able to think of the duh response. It may be nice to know it is documented someplace and that doctors are prescribing it for problems. (Maybe that applies to my fragile self and I have gotten to be addicted to the prescription. Duh you say?) Steve.

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## Techy Bits

-- by Fritz Kiessling --

As Webmaster I have also adopted the job as Photo Archivist. It's a job that, besides making photos available to CWH members on our website, has one side benefit for me. I get to enjoy the fabulous scenery that the hikers have on their hikes. I enjoy seeing who is on the hike, and usually what they have for lunch. I enjoy this, because my hiking is fairly limited for health reasons.

Modern cameras and mobile devices are being equipped with better lenses, and files are consequently larger.

The larger files, and the fact that Apple has an aversion to easy communication with Microsoft, has caused difficulty to some members. Out of frustration some of you may have given up sending me hike photos. For you we have come up with a scheme that involves a go-between "Google-Drive".

I suggest that this is a good solution, not just for the above issues, and is also useful because the user doesn't have to send files via email (in itself

a slow process).

Here is the process:

- For those that don't have one, you need to create a Google account.
- When logged in to Google, navigate to Google Drive.
- Create a hike folder, and open the folder.
- Now upload the hike photos that you want for the CWH Photo Gallery.
- Go back out of the folder.
- Right click the folder (sorry, I don't know what the equivalent is in the Apple world).
- Select "Get Shareable Link".

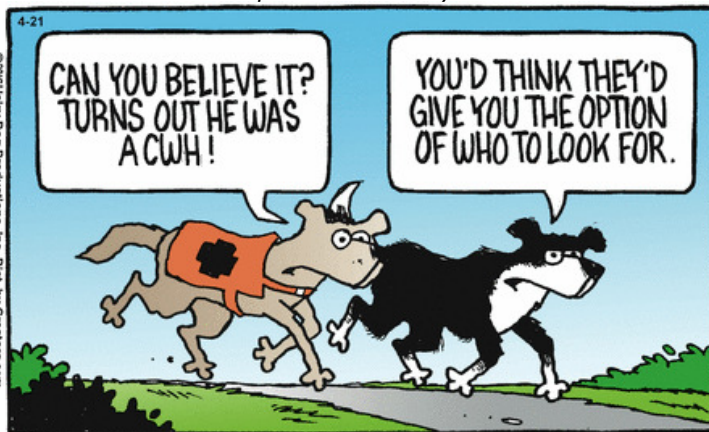
Here is the important part, don't skip this part

- Click on Sharing Settings".
- In the next window change "Anyone with the link can view" to "Anyone with the link can edit". That's important or I can't download the photos.
- (The next time that setting may already be there).
- Now click on the link and copy and paste into the email that you send to me.

Sound complicated. I assure you, it's only the first time, and the rest of our membership will love you for sharing your photos. (right?)

Good success, and Happy Trails. Fritz

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