



# ON THE TRAIL NEWSLETTER

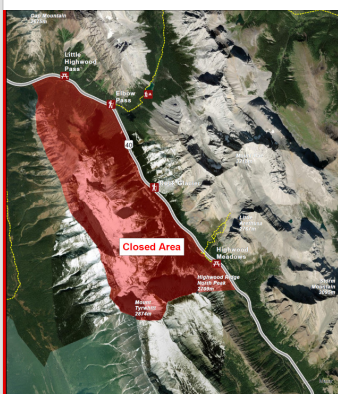
July 2021

# CALGARY WEEKEND HIKERS

## Summer Edition

### From the Online Photo Gallery

- Area Closure, see article



- New Members Hike, see report from the Hikes Planning Committee



- High Rockies Suspension Bridge



### From the President

-- by Mike Cogut --

As I'm writing this, the Covid-19 threat seems to be somewhat fading to the background. There will always be risk, but it may be so minor as to provide for our life to go back to almost normal. Recognizing this we've returned all of the Club's hiking operations back to normal (with the exception of endorsing carpooling which we will leave to individual members' comfort levels). We'll review our social operations later in the Summer and determine if it makes sense to proceed with the Pot Luck Dinner. This is all good because we're all getting tired of talking about the pandemic. I wanted to thank each of you for getting your vaccinations which seem to be a significant factor in turning the corner on the pandemic.

Another risk has become apparent this month. Extreme heat. Everyone reacts differently to this challenge. All I can advise is to know your personal heat tolerances and don't go out on days when it's too hot for you. If the temperature and the hike's difficulty rating indicate too much risk for hikers then Coordinators should consider postponing their hikes for the safety of our members. If you are hiking on a hot day, consider drinking lots, added electrolyte to some of your water supply, and proceed at a slower pace. If you're having difficulty let the Coordinator know before it becomes a more serious issue.

Effective June 1, the Alberta Government has instituted a fee-based system for most of Kananaskis. Please make sure that if you are using these areas that you get a permit. For more information, please look at: <https://www.alberta.ca/kananaskis-conservation-pass.aspx>

In terms of managing the Club, our membership is almost back to pre-pandemic levels, our financial position is strong and best of all we're out there hiking. However, the real measurement of the health of our Club is the number of hikes posted which roughly translates into the number of hiking opportunities for each of our members. This summer, I'm pleased to see how many hikes are being posted but there is always room for more.

*(Continued on page 2)*

### The 2021 Executive Committee

President:	Mike Cogut	Social Coordinator:	Sigrid Willi
Vice President:	vacant	Communications Coordinator:	Fritz Kiessling
Secretary:	Susan Rimer	Archiving:	by Secretary
Treasurer:	Terry Wilson	Newsletter:	Dorothy Whitson
Hike Planning Coordinator:	Lorna Jurgens	Webmaster:	Fritz Kiessling
Membership:	Pati Roberts		



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Coordinating hikes can be a very rewarding experience. You get to go on the hikes that you really want to do and the hikers really appreciate your organizing the trip. You feel good after you've led a successful trip. This type of volunteering takes very little effort and really supports the goals of our Club. If you've never coordinated a hike and would like to try, please contact Lorna Jurgens, our Hike Planning Coordinator ([lornajurgens@yahoo.ca](mailto:lornajurgens@yahoo.ca)) and she can get you set up. The more hikes that are posted, the stronger the Club is.

Another small issue is that the Executive often get requests to use our mailing lists for emails that are not directly related to Club business. Our position is that member email addresses which were given to us are for Club business only and these requests should be refused. These would include marketing of commercial or non-commercial interests, political or environmental causes and other items that might be of interest to some of our members. Your privacy is important to us.

One final item is that the Executive Committee is looking for a Vice President. You get to work with a great team and very little commitment of your personal time. This position will ultimately groom the candidate to be President of our Club so it is important that a VP is selected early so that they can be mentored to take on the responsibilities of the President. Please contact me if you have any interest in this volunteering opportunity.

I wanted to thank our members for their understanding and support they've shown for some of the very unusual measures that we've had to put in place to deal with the challenges of the pandemic.

I wish everyone a great and safe summer on the walkways and trails.

Mike Cogut

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## **Newsletter Editor**

-- by Dorothy Whitson --

I recently received this notice from Campers Village regarding a Bear Spray product recall.

Please be sure to check your bear spray to be sure that it does not fall within the categories outlined in the PDF file attached to this newsletter.

And please remember - your used bear spray canisters do NOT go into regular garbage. Please check the City of Calgary website for details.

The source for this information can be found at:

<https://www.healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2021/75891r-eng.php>

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## **The Latest From Your Membership Coordinator**

-- by Pati Roberts --

A warm welcome to all of our new members: 52 in total. As of June 2021, CWH has a total of 460 members including 96 Honorary members and 7 people on the waitlist.

Just a reminder that online renewals will begin on October 15, 2021 and closing date will be November 13, 2021. The 4 hike requirement has been waived this year so mark October 15 on your calendar to send in your renewal. Please don't wait until the last minute.

New Member Day Hikes were held on July 10, 2021. An easy hike was offered at Glenbow Ranch, moderate at Raspberry Ridge and difficult at Old Baldy Ridge. All hikes were able to proceed as scheduled due to the incredible warm weather.

Old Baldy Ridge hike was an adventure! We were able to provide several outdoor experiences for our new member and several "old" members; crossing a talus slope on generally stable rocks, cascading down a scree slope, a little bit of route finding on the ridge,



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searching for lost sunglasses (still lost) and a surprise creek crossing. Our new member survived it all, enjoyed herself and will be back for more. The day was sunny and hot, perfect for a ridge walk. We were thankful that there was a slight breeze at the top keeping away the horse flies, black flies and other pesky little insects so because of this were able to enjoy a leisurely lunch and after, a relaxing walk to the flat summit on the ridge. Thank you to everyone who joined us and made this hike a memorable and dare I say, a gritty adventure.

Check out our pictures in the Photo Gallery.

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## Hikes Planning Committee

-- by Lorna Jurgens --

Our 2021 hiking season got off to a good start in April with a total of 28 hikes.

Unfortunately we had to shut down for the month of May but came back strong in June

with more out of town hikes being posted & more people getting out.

July has been a great month for hiking despite the heat & now the smoke from the BC fires. It is nice to see so many new members getting out on the hikes. Hikers "If you cannot attend" a hike please take your name off the list. If it is after the cut off time please advise the leader either by email or phone or both & confirm

If you are a no show it INCONVENIENCES the whole group by having to wait for you. The group only waits an extra 5 minutes but if everyone is there & ready earlier, we will leave earlier. A note to the coordinator afterwards with an explanation would be considerate.

For all we know you could have had a traffic accident on the way to the hike.

Thank you to all the coordinators who are doing a great job posting & leading hikes.

Enjoy the rest of the hiking season. Lorna

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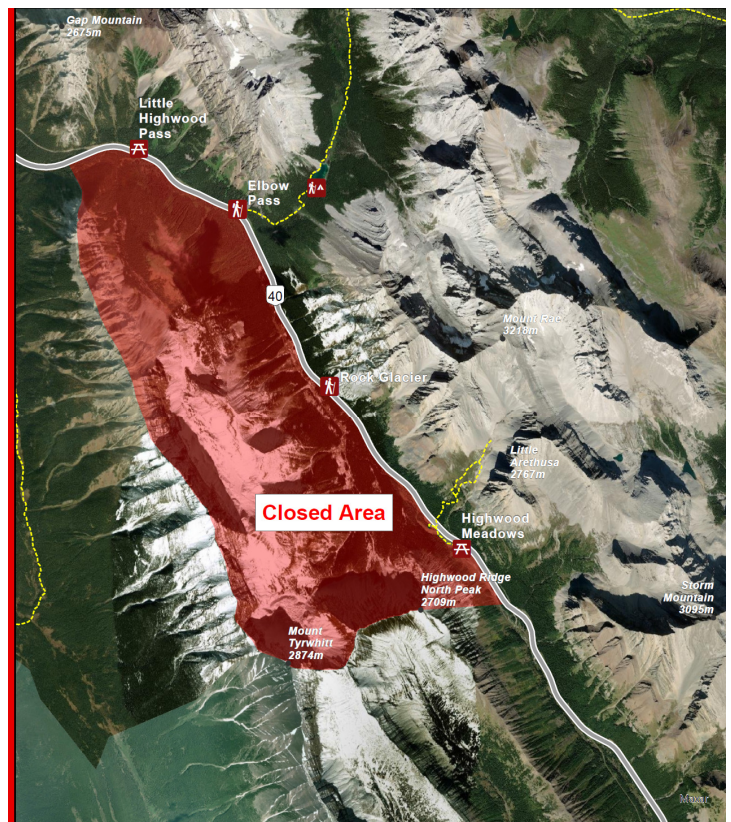
## Social

-- by Sigrid Wili --

It's been a while since our Club has held any social gatherings, and many of us are missing those occasions --especially the annual October potluck dinner. Our Executive Committee has decided to wait until August to see what happens with COVID restrictions. We'll make a decision at that point. So stay tuned to see whether we'll hold the event this year. A notice will be sent to Club members once the Committee has had a chance to review the situation further. Keep your fingers crossed!

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## Closure Notice



We've just been told that the trails to the North West side of Highwood Pass are closed until further notice for remedial work. You may want to take this into consideration if you are planning a trip into this area.

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## New Members hike starts with a bang!

- by Kim Berube, Marina Elliott and Jane West -

The New Members hike to Raspberry Ridge started off a little differently that we expected. Lorna and Steve were leading the hike and had four new members signed up. By 9 am, three of us “new-to-the-club hikers” had arrived: Kim Berube, Marina Elliott and Jane West. A group of 10 regular Club members was also hiking that day, so we had some good company. But just as we were waiting for the last stragglers to arrive, a car travelling along the gravel road suddenly flew off into the ditch beside the parking area! At first, we thought it had rolled over and we would be dealing with a full-blown medical emergency, but the car was still on all four wheels and the two women passengers were unharmed! They were extremely lucky as the vehicle landed about 5 m below the road, at the bottom of a very steep embankment. As there was no cell service at the trailhead, Marina drove back to the Highwood House General Store to call for the RCMP and a tow truck. But after all that excitement, our New Members hike was only delayed about 25 minutes and we caught up with the other Club members not long afterwards.



The hike was really lovely. AllTrails describes it as a 9.2 km out-and-back, but Steve knew a slightly longer loop route that involved a steeper approach and a more moderate descent, so that’s the one we all took. The day was clear and hot towards the end, but the bugs weren’t too bad and the views all along the trail, and at the top, were spectacular. And there were lots of beautiful wildflowers in bloom, like Indian Paintbrush, Wild Geranium, Brown-eyed Susan, Dogwood, tiny Forgetmenots and more. We

lunched at the top of the ridge, but the fire lookout was closed up and seemed empty, so we just stretched out along the rocks to have our break.

We got back to the trailhead just before 14h30 and agreed that it had been a truly excellent - and memorable - day! The three of us ‘newbies’ really enjoyed the hike and want to say a big thank you to Lorna and Steve for co-ordinating and leading it. We also enjoyed meeting many of the other members and are definitely looking forward to more hikes with the Club in the future. Hopefully though, the next hike won’t start with as much drama!

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## Morning Hike at Glenbow Ranch

-- by Barbara and Blair Pierce --

Being new to Alberta, Calgary Weekend Hikers, and Glenbow Ranch, we eagerly anticipated our first hike. Lynn Andres greeted us in the parking lot and welcomed all the new members.

The friendly group departed right on time and we headed off through aspen woods and onto rolling grasslands with hills and valleys. There were a variety of wild flowers in bloom, including stick seed, harebell, blanket flower and dogbane. The pace was steady with stops in the shade for water and conversation. After about 9 k and 2 ½ hours we were back at our starting point.

This was a perfect walk for a new member. The time, distance and degree of difficulty were accurately presented for this hike, which is reassuring for a new member. A great introduction



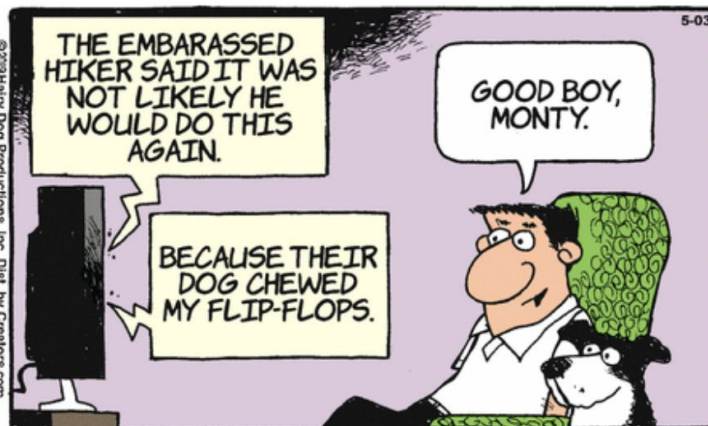
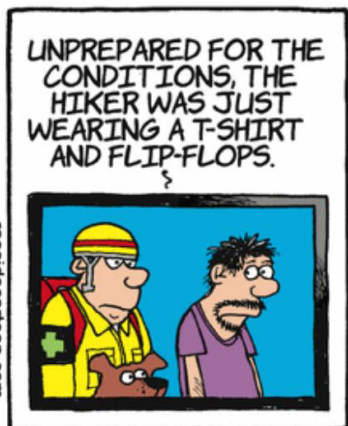


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The Other Coast by Adrian Raeside for May 03, 2019



to CWH! We will be back. Barbara and Blair Pierce

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## We Got Nude Beaches

-- by Dorothy Whitson --

Did you know that Calgary has two clothing optional beaches? Click on the link:

[Calgary has 2 nude beaches — here's who is using them and why | CBC News](#)

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## A Moo Moo Here, and a Moo Moo There

WBC is a multi-use area and starting June 15, cattle grazing will be allowed until October 15. Find out more about [cattle grazing](#) land use within our shared [KC-PLUZ](#).

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Reprinted courtesy Ralph Hagen of "The Other Coast"