



ON THE TRAIL NEWSLETTER



June 2013
**Summer
Edition**

Important Dates

- October 19, 2013:
Potluck
Location:
Stanley Park-Parkhill
Community Hall
4013 Stanley Rd
SW, Calgary, AB
T2S 2P3
- October 31, 2013
Hike season ends
- December 1, 2013
Membership renewal
date

New Members Night

- Boot Demo



- Enjoying the Food



INTRO NEWSLETTER

Hello I'm Robyn Hay and I am the new Newsletter Editor...this means I am responsible for keeping Calgary Weekend Hiker members informed and hopefully at times entertained a couple of times a year. The Newsletter is a joint effort. I write/collect the prose and the pix and Fritz Kiessling uses his electronic expertise to create a Newsletter for our web-based members. He also prints off and mails copies of the Newsletter for members who do not have computer access. If you have any ideas, information, short anecdotes about something you have seen or experienced on the trail, please contact me at 403-271-0775 or at robynhay@shaw.ca

Cheers and Happy Hiking!

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### Your Club Executive



Back row: Elke Schapansky, Marlene Wiens, Terry Wilson, Fritz Kiessling  
 Front row: Ann Murphy, Lynn Williams, Peter Morgan, Robyn Hay  
 Missing from photo is Janet McMaster

### The CWH Executive Committee

Past President: Ken Melville  
 President: Marlene Wiens  
 Secretary: Peter Morgan  
 Treasurer: Terry Wilson  
 Membership Coordinator:  
 Ann Murphy

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



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## Message from the President



Marlene Wiens

Life on the executive remains interesting and fulfilling. We have an excellent group of people all of whom are dedicated to improving the club. Our latest addition is Janet McMaster, our archivist. She has collected all of the club's historical information and is busy organizing it. What would be an impossible task for many is completely doable for her. She knows exactly how to go about it. Marvellous!

Talents and abilities such as Janet's can remain hidden to the rest of us unless we, ourselves, make them known. At this moment, there may be a Vice President amongst us who, as yet, remains unidentified. It may be you! With no strings attached, you can give me a call at 403.202.0673 or write me an email at [wiens.me@gmail.com](mailto:wiens.me@gmail.com) for information about the position. Please consider becoming part of a dynamic executive and making your contribution to our club.

*Thank you and happy hiking.  
Marlene Wiens, President*

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Web page: Hike Waiting list reminder:

The system gives you options for how long you want to be on a hike waiting list:

1. The system default is 2 days before the hike. This means your name will automatically disappear.
2. Other options allow you to remain on the list longer.
3. Be sure to remember to make your choice and most importantly... mark it down somewhere which option you chose!

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## The love of the Outdoors

If you are a hiking and beyond outdoor enthusiast, the Calgary Area Outdoor Council (CAOC) is a group who can assist you with information on the various outdoor clubs in Calgary. They are an umbrella group with information on groups who are into everything from kayaking to scrambling. CAOC is located in the old fire hall at Memorial Drive and 10th street NW, open Monday to Friday 9 am to 5 pm, phone: 403-270-2262, or visit their web site [www.caoc.ab.ca](http://www.caoc.ab.ca)

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New Members Orientation Evening March 19, 2013

— by Ann Murphy, Membership —

What a nice turnout we had, with 65 people present, 52 of whom were new members. We had a small panic when we thought we didn't have the bear video but were greatly relieved when it was found, as we were wondering which one of the executive committee was going to sing and dance to provide some entertainment!



Terry sold pins and crests and displayed a small portion of his hiking books for perusal before the meeting started and during the intermission. Marlene Wiens, our President, welcomed the new members to the club and spoke a few words about the club's history. Terry Wilson (Treasurer) explained the insurance charge and what the insurance covers and does not cover. Ann Murphy (Membership) explained the different types of club membership and gave tips on how to maintain your membership into the next year and she handed out Name Tags to the new members present.

Cont'd



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CALGARY WEEKEND HIKERS

Lynn Williams (Hikes Planning Coordinator) produced her well stocked backpack and described all the items we should consider carrying on a hike as she pulled them out, one by one. It was amazing that she seemed to know which pocket contained which item! Fritz Kiessling (Webmaster) talked us through the website including setting preferences and registering for a hike. Elke Schapansky (Social) spoke about the club's social events of the year.



Lynn Williams showing (off) her Hike Pack

Following the formal part of the meeting Fritz ran a short video on surviving a bear encounter called "Safety in Bear Country".

Elke and her team provided the delicious food and drink. What was in that punch, Elke?

Thank you to all of those early arrivals who helped set-up the tables and chairs and to those who folded them and put them away at the end of the evening. Also thanks Julie Tsang, Audrey Kyle and new member, Sue Barker who helped Elke serve the food and refreshments. Thank you, Sharon Fahey, for helping me with registration. It was a great evening.

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## Destination or Process?

— by Robyn Hay —

What kind of hiker are you? Knowing the answer to that question can make a big difference to your hiking experience.

Sometimes we are one side or the other period. Sometimes it depends on the hike and the day.

Destination hikers like to go and keep going. They like a quick lunch and go again. It's all about the destination.

Process hikers like to take it all in. Stop and smell the flowers, take a photo here, a photo there, have a leisurely lunch and saunter back to the trail head.

Leaders generally set the pace...some are destination hikers, some are process hikers. That is why you can have two different experiences on the same trail.

Some hikes are a bit of both. Hikes marked leisurely or slow paced, tend to be process hikes. If you are not sure...ask the leader ahead of time.

Knowing the style beforehand can enhance your hiking experience.

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Hiking in the City

When the Hiking season is early and the snow is still too high in the mountains, Calgary has over 700 km of network pathways which link many of the numerous parks. You can access an electronic map of this system at www.calgary.ca or you can get a hard copy at any of the City of Calgary Aquatic/Fitness Centres or Leisure Centres. The City 311 line can give you the address of the facility nearest to you. This is handy information on those warm summer evenings, when a walk in a new Park is a nice way to end the day.

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## Disposing Bear Spray

The City of Calgary has designated year round drop off locations for their Household Hazardous Waste Products Program. This includes bear spray. There are currently 6 fire halls with special storage units, and Throw-and-Go facilities at the entrance of 3 City Land Fill Sites (no charge). For a location near you, visit the City of Calgary web site

[www.calgary.ca](http://www.calgary.ca)  
or call The City at 311

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Update from the Archivist

— by Janet McMaster —

I have recently been appointed as the archivist for the Calgary Weekend Hikers. As a trained archivist, I am very happy to be able to utilize some of my skills to assist the executive with records management issues. As many of you know, the Calgary Weekend Hikers began in 1980, so we already have quite an extensive history. An Ad-Hoc Committee on Records has been formed who will be working with me on the older records, as well as helping to develop records management policies going forward. This will become increasingly important to the club as we place more and more reliance on electronic records for hike registration, hike schedules, etc. Over the last few months, I have been gathering together club records from a variety of sources, including records and photographs that were collected by former archivists Jack Crossley and Wanda Dennis. As a first step, I completed an inventory of the records that I have received up to this point. I am now in the process of arranging and describing the older club records and newsletters that will be donated to the Glenbow Archives. The Glenbow (who also have records from the Skyline Hikers, the Calgary Ski Club and the Sierra Club of Alberta) will store the records for us free of charge, and they will be available whenever required. If you have any older photographs that you would like to donate to the archives or if you have any questions about club records, please contact me at jmcmast@shaw.ca, or via phone at 403-236-3406.

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## GBCTA

There are a group of residents in Bragg Creek who formed a group called The Greater Bragg Creek Trails Association. They are responsible for designing, building and maintaining the Trails and Pathways in Bragg Creek for the benefit of everyone. You can visit their web

site [www.braggcreektrails.org](http://www.braggcreektrails.org) for more information about their hiking and ski trails or write them at  
Box 1379 Bragg Creek  
Alberta T0L 0K0

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The Race Back to the Barn

— by Robyn Hay —

Do you get twitchy after lunch? Does your body engine start to rev? Your nostrils flare? Do you have a need to head out before everyone else? This is known as the race horse syndrome. There is no cure, however there is a main rule to keep in mind so everyone is safe and everyone makes it back to the barn, I mean parking lot.

Number 1: don't call out to the leader as you are leaving. This is the same for the other horses that will inevitably follow you.

All horses, followers included, should approach the leader so the leader will know specifically who is leaving ahead of the others.

The reason: **safety first!**

The leader needs a specific head count before people start leaving. Stuff happens and it is wilderness... What would happen if someone had an incident while taking a bathroom break for example, and the leader was not sure who was still here and who had gone ahead... someone could be left behind. You may want to race ahead, but it is important to think of the safety of all. Besides, if a leader starts out with 14 hikers, they like to return with 14 hikers, and preferably the same 14 hikers. Just try and make it easier of them to succeed...please!

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Pets are nice to have,  
but please remember,  
**No Dogs** on CWH hikes.

