



# ON THE TRAIL NEWSLETTER



June 2014  
**Summer  
Edition**

## Important Dates

- Saturday  
October 18 --  
Pot Luck and  
Volunteer  
Appreciation  
Night
- Friday  
October 31 --  
End of Hiking  
Season
- Monday  
December 1 --  
Membership  
Renewal  
Deadline

## From the Online Photo Gallery

- [Archive 1980](#)  
[View from Windtower](#)



- [Archive 2001](#)  
[Snowshoeing](#)  
[Almer Pass](#)



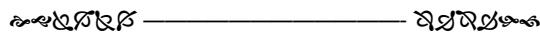
## From the editor...

There are over 1176 km of hiking trails in Kananaskis Country...there are over 600 km of pathways in Calgary. Last year's flooding damaged 50% of Kananaskis trails and in the City many areas are impassable or just disappeared. We are truly blessed to have nature in such close proximity. I have learned to enjoy and not to take for granted these awesome places where we are so privileged to wander... happy hiking everyone!



CWH Executive

Cheers! Robyn



## President's Message

I'd like to take this opportunity to welcome our new members! According to the feedback we have received from you, many of you are taking advantage of early season hiking and enjoying the camaraderie of the club. We hope that continues to be the case throughout the season.

Donna Bower, our new Hike Planning Coordinator, is the person to thank for getting the new hiking season successfully underway. The hiking schedule, you will have noticed, undergoes constant revisions as club members post new hikes, thus giving us all more options from which to choose. Please consider leading a hike as your way to contribute to the club.

Got a question about the web page? Contact Fritz Kiessling, our communications coordinator. He is doing his best to make the web site user friendly, likes to solve problems, and welcomes suggestions.

Jiri Bartek, our first Vice President, is a welcome addition to our executive. He is a person with considerable hiking experience and is very keen to develop a strong vibrant club that works well for everyone.

Happy Hiking from Marlene and the CWH executive! Marlene Wiens



## The CWH Executive Committee

Past President: Ken Melville  
 President: Marlene Wiens  
 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



## What time will we be back in the City?

If you have to ask the question, the simple answer is don't go hiking that day. Why? The leader and you do NOT have any control over the wilderness, the weather or the Trans-Canada highway... You'll be back when you get back and no sooner!

~~~~~

## Air miles and points for hiking?

Aaaah no! However, because you are a member of the club, you are eligible for discounts here and there...please check out our web page... on the left hand side scroll down to 'other' then click on 'discounts' for the latest information.

~~~~~

## BACKCOUNTRY EMERGENCIES COURSE

The Calgary Weekend Hikers Club is offering a Backcountry Emergencies Course. This course will be run by Rocky Mountain Adventure Medicine. It consists of an evening work shop on Thursday September 11, 2014 from 6:00 pm to 10:00 pm in the common room at Riverstone Condominium and a full day of wilderness scenarios on Saturday September 13, 2014 probably out at West Bragg Creek. This course is not a "recognized" first aid course but is a practical application of first aid principles and no certificate will be issued.

At the present time this course is FULL with a waiting list of 9. We hope to run this course again in 2016 and those on the present waiting list will be given first priority.

~~~~~

## What's in your emergency Kit?

This is a synopsis of a lengthy article forward by Lynn Williams that appeared in the K Country Newsletter:

Prevention First:

Wear correct footwear, especially in the summer;

Dress properly, in layers, and carry extra clothing; Carry an emergency kit that could see you at least tolerably through a night, or maybe two.

Kit contents:

- Space blanket
- Sit-upon foamy
- Windproof butane lighter
- LED Headlamp
- A Compass
- Bandaids
- Water Filter
- A day of Calories
- Swiss army knife
- Whistle
- Fleece gloves and fleece hat
- An extra season appropriate warm layer

The content costs are low, the space and weight is negligible... there is no excuse for not being prepared.

~~~~~

## Hiking comments: Spring 2014

Subject: My first two events with the club

My first event was interesting because Russ knows a lot about Calgary and showed me a couple of paths I hadn't found yet. I really like the idea that CWH has walking opportunities for people who are trying to recover from serious medical issues.

My second event was outstanding! I have been up to Taylor Lake before, but only in the summer. Yesterday's snowshoe was incredibly beautiful. I don't think I would bother to go up there again in the summertime, but I will go back in the winter for sure. Terry is so knowledgeable. At one point he pointed out a lump of snow and said it was a bridge. I thought it was a lump of snow, but when we got to the far side I could see that it was, indeed, a bridge, and just where he



# ON THE TRAIL NEWSLETTER



predicted it would be. He was also able to give very good estimates of how the group would progress through the day, once he had had a chance to see us all in action. I really enjoyed getting to know some of the other members of the group. I added some fun ideas to my bucket list as well!

Loving the club so far,  
Robin Kresnyak

---

Hello,

I did my first hike with the group on Wednesday from River Park to Glenmore Landing. I really enjoyed the hike and the people. It was very well organized and everyone in the group was very friendly. I'm looking forward to my next hike next Wednesday.

Thank you,  
Becky Hancock

---

Hi,

I thoroughly enjoyed my first event with the club last Sunday. The first thing I did after getting home was sign up for four more hikes ... and that about sums up how I felt. Hans and Ingrid made everyone feel welcome and led us through places in the west end of Fish Creek Park which I had never visited before even though I go to the park several times a week. Most junctions were not marked but they knew exactly which way to go for the best experience. The pace was casual and that was a real treat. I am now looking forward to many more trips with the Calgary Weekend Hikers.

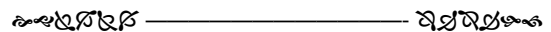
For the past five years I have been setting up rides for members of the Elbow Valley Cycle Club. These two websites are almost the same so I found yours very easy to use. If I think of any ways to improve your website I will pass my ideas along but for now I can't think of any improvements.

My plan for this year is to start off with easy trips then gradually work my way up to more challenging trips. Some of the better trips filled

up right away so next year I will make my selections earlier. For now I will be watching for new postings.

Since the late fifties I have gone on a great variety of hikes with several clubs. I can tell already that this club has its priorities right so keep up the great work.

Have a great day,  
Don Hopkinson



## **New Members Orientation Night** **Tuesday, March 18 2014**

We had a good turn out even though we had to move the location to the Braeside Community Center in the quite far south due to on-going renovations at Parkhill Stanley Park Community Hall.



At the welcome table  
Ann Murphy,  
Membership Chair

44 new members received their name tags and proudly wore them. 24 executive, catering volunteers and supporting members came out to meet and greet the new members.

Thank you all.

We had never used this Community Center before but it was easy to find and is a very nice facility. We had to climb a flight of stairs but we are hikers, aren't we! We really liked the kitchen, especially because those helping in the kitchen could watch and listen to the proceedings while working. Another nice feature was separate pass-throughs for food and drink.



Brenda Makinson,  
Membership Assistant

Marlene Wiens, as President, introduced herself and those Executive members present.





# ON THE TRAIL NEWSLETTER



coordinators. The remaining 26 hikes never met the limit.

If the hike you would like to participate in is full please put your name on the waitlist, you have a very good chance of getting on the hike.

If you cannot participate in a hike you have signed up for please cancel as soon as possible to allow someone from the waitlist to attend the hike.

Reminder: The Calgary Weekend Hikers Club does have a "no show" policy. If you are not familiar with the policy it can be reviewed on the Website under Document, Cancellation Policy.

Thank you and happy hiking.  
Donna Bower

~~~~~

## Newsflash From the Website

Since the beginning of this CWH hiking season, we have our very own Photo Gallery, online on our website. No more getting redirected to Fotki! After you log in, there are two ways to see the photos.

1. from the main menu, just under the login button.
2. from "Event"->"All Past Hikes" Click on the camera at the left of a hike.

To submit photos, as before, send your photos to [photos@calgaryweekendhikers.com](mailto:photos@calgaryweekendhikers.com).

Please use these simple guidelines:

1. rename the filenames to the captions you want
2. begin your filename/caption with a number if you want the photos sorted... and very important.
3. keep file sizes roughly below 4 MB
4. PLEASE send files as "Attachments" to the email. Please DON'T embed the photos in the text part of the email.

There, it's that simple. I encourage you all to look at the archive of past years. We have some awesome photos. Eagles, Moose, Bear, Owls, and views from mountain tops that are breathtaking (especially if you are lucky enough to have a large computer monitor).

You can also download the photos for your computer "desktop slideshow" or for printing.

Enjoy! Your webmaster, Fritz Kiessling.

~~~~~

## Pigeon Mountain Hike **Why I Changed My Plans**

Spring is a time that all of Calgary starts to itch to get hiking in the mountains. Our club has many itches to scratch and mine is as large as any. I try to keep in shape by winter hiking, so I am ready when the big boys are available to climb. I look over towards the mountains and see the sun has dried up the southern slopes. I start to hope Yamnuska, Ha Ling, or Grotto are shaping up for a spring climb. When approached to lead hikes, I signed up with optimism to be able to go up the western ridge of Yam on April 27th. The week before had a lot of snow melt away and I was hopeful. Then the weather turned to typical spring snow falling weather, it made me remember of a spring hike up Pigeon Mountain a few years ago.

There is a ban on hiking due to spring calving in the area until June 21st so it was either a very late snowfall or perhaps the hike was even before there was the hiking ban in the area. There was just a little patch of snow here and there on the meadows that sport such wonderful flowers. It makes anyone's garden envious. The late spring had the wet snowfalls that year and as we walked up, there were disconcerting random limbs lying around beside the trail. It was the 2nd time thru, (i.e. on the way down) that I stopped and counted the limbs. I didn't break down the count between front and back legs but counted 9 limbs. To me it seemed like a lot of deer. That there were no other parts





# ON THE TRAIL NEWSLETTER



Club waives the requirement that a minimum three club members must be present.

Emails for Trail Maintenance Work are only sent out to those who have "Restoration" checked off in your own "Event Auto-Notification Emails". To check this out: In the left hand menu under "My Account" select "Change Preferences" and then you will see your settings for emails and you can change them as required.

The procedure I follow is to send out an email whenever I get notification from one of the trail organizations. If you want to go on that work party, you first notify them. If you are accepted then you must send me an email stating that you are going on that work party. After you have done the work, you need to send me another email stating which trail you worked on and if that trail is now open to the public.

Greater Bragg Creek Trails Association are looking for volunteers most Saturdays throughout the summer. You can check it out at [braggcreektrails.com](http://braggcreektrails.com) You will need to fill out a waiver form which can be obtained from their web site. Only one form per year is required for Alberta Parks which is good for all work done at Bragg Creek or in Kananaskis Country. Friends of Kananaskis does not have a current project but you can always check them out at [kananaskis.com](http://kananaskis.com)

Terry Wilson [wilsont@ualberta.net](mailto:wilsont@ualberta.net)

~~~~~

## **Spring is Tick Time**

As we move into spring, in addition to the start of the mosquito season, it's also prime tick season, which runs from late March to mid-June. Ticks are a member of the spider family, and while there are several kinds of ticks here, the most problematic one to people is the Rocky Mountain Wood Tick. Smaller than a thumbtack head, these little dudes hang out on grasses and wait for an accommodating host to brush by. Normally, they like sheep, elk, deer, moose and goats, but humans and rodents are also targets.

They are attracted by the carbon dioxide like mosquitoes, and will move through grasses to sedentary potential hosts.

Once they grab on to you, they crawl around for a while looking for warm skin, preferably with lots of hair to hide in. Once they find it, they chomp down, burying their mouth parts in your skin, and start sucking out blood just like mosquitoes. Only they hang on and bloat up, increasing their size by 5 or 10 times. Once they get enough blood, they drop off, lay eggs and die.

While they're chewing on you, they can transmit disease, including encephalitis, typhus, Lyme disease, tick paralysis, and Rocky Mountain Spotted Fever. So if one gets on you, it's best to get it off quickly -- not that hard because they're not fast and take a while to find a place to chomp down. If you're being bitten, don't try to burn it or squish it. Instead, use a pair of tweezers to grab the head and gently pull it out. Then put on some antiseptic to kill any leftover nasties.

If you find a tick on yourself or a pet, Alberta Health asks you to submit it for testing as part of a tick surveillance program. Take the tick to any Alberta Health Services Environmental Health office. Ticks will be tested to see if they carry the bacteria, *Borrelia burgdorferi*, that can cause Lyme disease in humans. Results of this program will help Alberta Health better understand the risk of Lyme disease in Alberta.

But prevention is easier. Wear long pants through till the end of June, and either wear gaiters or tuck your pants in your socks. Avoid walking through the middle of grassy meadows, or lounging in them over lunch. Don't run bare arms through deep grasses. Check yourself over at the end of the day looking for ticks attached to your pants. Shower after hiking. And keep ticks at bay. Lynn Williams

~~~~~

Editor's Note: Further to the article on the previous... one of our members recently did find a tick, contacted Alberta Health Service and said tick is now being tested!

~~~~~



# ON THE TRAIL NEWSLETTER

# CALGARY WEEKEND HIKERS

## I'm a Local!

**By Robyn Hay**

Hiking alone one day up to the Six Glacier Tea Hut in the Lake Louise area, I chatted with many people along the way. One question surprised me...a gentleman said to me 'why do you have such a heavy pack? My simple answer was 'I'm a local!' Case in point: it was a warm day in Kananaskis Country, heading to be a very hot day of close to 30 degrees C. Even the mountain goats clinging to the craggy area of Hai Ling Peak parking lot were starting to look wilted and it was still morning. I started out, with my usual 'heavy pack' looking forward to this wonderful summer day. Climbing slowly up that never ending hill, the weather slowly began to change. My first stop was to put on a rain jacket as the wind picked up and the sky looked a little threatening.

By the time I reached the top, my heavy pack was now very light...I had had to put on **everything!** It was cold, it was windy, it was sleeting, it was snowing, it was ugly! lunch at the top was a very quick affair indeed. We huddled together and tried to shield ourselves between any boulders we could find in this above tree line exposure.

On the way down, the pack became

heavier of course as the weather slowly returned to nice and yes, it was 30 degrees Celsius and sunny at the bottom. Never forget Nature rules in the Rockies and it is often a long way to warm shelter. This is why I always have a 'heavy pack' on my back...no matter what the trail.

## Honorary members

### **Congratulations!**

There are 4 Honorary members this year...in the photo with Ann Murphy, Membership, are Arlene Giesbrecht and Klaus Honigman... the other 2 are Eileen and George Muench. It takes 20 years of hiking with the Weekend Hikers to become an Honorary Member... lots of wonderful hikes and tales to be told for sure.



~~~~~

Courtesy Comic Strip: **The Other Coast** - By Adrian Raeside

