



# ON THE TRAIL NEWSLETTER



Jun 2016  
**Summer  
Edition**

## Important Dates

- June 17—18, or August 19—20 Backcountry Emergency Training
- October 29, 2016 Potluck Supper at Marda Loop Hall
- October 31, 2016 Last day of hiking season
- November 1 Winter hiking season starts (see inside)
- Jan 21, 2017 AGM at Marda Loop Hall
- March 11, 2017 New Members Orientation

## From the Online Photo Gallery

- [Troll Falls](#)  
2016.05.04



## From the President

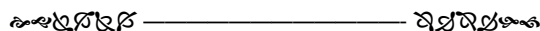
Here we are off to another rapid start to the hiking season. We are slightly ahead of last year in terms of hikes listed for April and May and the number of hikers. The plan this year was to get more people to lead hikes and, so far, it has worked! We have a record number of new hike coordinators, in large part due to the mentoring system that was initiated. Thank you to those members who volunteered to act as mentors. Well done, everyone!

Guests on hikes: Please follow the rules laid out in the Hike Coordinator Guidelines and Membership Policy regarding guests. Both of these can be found by clicking on the "Documents" tab in the left-hand column of our web page. Guests (who are not already on the wait-list to join the Club) are allowed to complete a maximum of TWO hikes in a season. Guests who ARE on the wait-list to join the Club are allowed to complete FOUR hikes/season. This year, it seems there have been a number of "violations" regarding these rules. "So what" you may ask? Well, if you look at the number of FULL hikes on the Calendar it is obvious that this presents a problem. Members trying to get their four hikes in are finding it difficult to locate a hike that isn't already FULL. Yes, you should not be discouraged because you are wait-listed for a hike because, chances are, you will get to go. In addition, you can always put on your own hike! Our friendly staff is more than willing to help you in this regard. However, we feel your pain when you have to wait.

Also, all guests have to sign a guest waiver form, available on the website under Documents/Waiver of Liability. If you are bringing a guest, it is YOUR responsibility that the form is filled out and handed to the hike coordinator at the meeting place. All these rules are in place to comply with the terms of our insurance, so please follow them.

Enough of the lecturing. I hope the rest of the season is fun and you are able to get some wonderful hikes on with the Club!

All the best,  
Richard



## From the Hikes Planning Coordinators

Welcome to our 2016 Hiking Season

What a start we've had! More than 95 hikes were listed during April and May 2016. Part of what makes this possible is that 25 CWH members have listed their first hike. Thank you very much.

I want to express our appreciation to all coordinators who have agreed to lead hikes this year. We are on pace to have an incredible year of hiking. On April 17, 2016

## 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		



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CWH had more than 75 hikers out on the trails. This represents more than 17% of total membership.

Many of the currently listed hikes are full with considerable Waitlists, however hikes continue to be listed on short notice. To ensure you are notified of these new hikes, it is important that you set your personal preferences correctly. You can access your personal preferences on the website under "My Account/Change Preferences". You are able to tick the required boxes to receive notification of newly listed hikes, as illustrated below:

**IMPORTANT:**  
**Event Auto-Notification Emails**  
 (Sent as new events are announced)

Check the boxes beside the events that interest you.  
 Note: If you do not check a box, you will NOT receive auto-notifications of events of that type.

Meeting	<input type="checkbox"/>	←
Mid Week Hike	<input type="checkbox"/>	←
Multi Day Hike	<input type="checkbox"/>	←
Restoration	<input type="checkbox"/>	←
Sat Hike	<input type="checkbox"/>	←
Sun. Hike	<input type="checkbox"/>	←

On a more serious note, we wish to address a small but very troubling issue. Members rely on the on-line hike registration system. Members understand that hike registration is done on a first come first serve basis. We have recently discovered that this process has been compromised by a few Coordinators. There have been instances where members who were on a wait list were bypassed by a Coordinator in favour of others members who were further down the wait list. This practice will not be tolerated by the CWH. Under the CWH bylaws it clearly states:

“Any Member shall be liable to be expelled from the Club for misconduct or conduct unbecoming a Member by a unanimous vote of the Executive Committee.”

Any Coordinator who attempts to manipulate wait lists will be expelled from the CWH for such conduct.

On a related note, it is important that all Coordinators and hike participants be comfortable with the abilities of those participating on a hike. It is especially important on longer and more difficult hikes to ensure that all members of the group are up to the challenges of the hike. Coordinators are encouraged to contact any member if they have any concerns about a registered member’s ability to perform the hike.

Thanks again to all our Coordinators for giving us such wonderful opportunities to enjoy our great outdoors.

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## Hello Weekend Hikers

My name is Dorothy Whitson and I have taken over the position of Newsletter Editor from Robyn Hay. I have been a member of the CWH for over twenty years and have hiked countless trails in that time and have come to know many of the members over the years.

If you have an article or a photo to share, please do not hesitate to send it to me for inclusion in the next Newsletter. That being said, if you see the words "FULL" outlined in red ink, please think about coordinating a hike -- the more hikes being run, the more variety for your fellow hikers to choose from.

See you on the trails.

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## From the Membership Coordinator

### New Members' Evening



The New Members' Evening was held on Friday, March 11, 2016, at the Marda Loop Community Hall. This event was very well attended by new members as well as active and executive members.

The evening began with an introduction of and presentations from the club Executive. Richard

Walker gave a brief history of the club. He also mentioned our yearly social events that include the Fall Pot Luck and Annual General Meeting in January. Shirley Marsh reminded members that to retain active membership in club one member from each active membership unit must complete four hikes during the season from April 1 -





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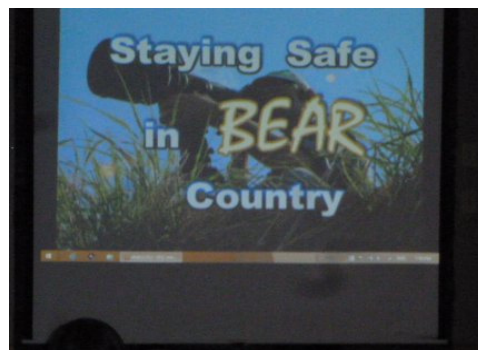


October 31. Terry Wilson explained the mandatory liability insurance. He also discussed the Backcountry Emergencies Course and the value to members in having this training. Terry also discussed how to be involved in trail maintenance, and that members participating are given credit for one hike. Wendy Schur covered topics on registering, cancelling, and preparing for a hike. She also mentioned the hike wait lists. She emphasized the importance of guest waiver forms, coordinating hikes, and the incident management guidelines. She directed the new members to the location



members a chance to talk to current members of the club and check out the displays. Terry Wilson once again displayed his array of maps and hiking guidebooks. Barry Schur demonstrated what is important to have in your pack and what items are optional. Both Barry and Fritz Kiessling were available to answer any questions with regard to navigating the website.

Thank you to Doris & Gerry Cyre and the team (Julie, Jackie & Elke) for providing the tasty treats. I would particularly like to thank Donna Fallon for attending the event and taking photographs.



The evening concluded with Fritz Kiessling showing the excellent video on "Safety in Bear Country".

Thank you to everyone that came early to help with the

set-up of tables and chairs, and to those who helped clean-up at the end of the evening.



of documents on the website.

Following the presentations, the new members had an opportunity to enjoy the refreshments and socialize. This gave the new

### Name Tags

Members please remember to attach your name tag to your pack. Put it on at the beginning of the hiking season and just leave it there. This identifies you as a CWH member, and helps us to get to know you. New members were able to pick up their name tags at the New Members' Evening. For the new members not at this event, their name tags were mailed the following week as were the name tags for active members who ordered a new one.



2016 New Members

### Prospective Members on the Wait List

There continues to be a very strong interest in our club with many prospective members on the wait list. We encourage prospective members to go on hikes as a guest of the hike coordinator or an active member. Hike coordinators are able to check that the prospective member is on the wait list by logging into the website and then scrolling down to the Volunteers' Area. There you will find Club-Join WaitList, which lists all of the prospective members. The prospective member **must** bring a signed Waiver to the hike coordinator before they are able to go on the hike.

Shirley Marsh  
Membership Coordinator

**Think twice.  
Do once.**



# ON THE TRAIL NEWSLETTER

**CALGARY  
WEEKEND  
HIKERS**

## **2016 CWH Hike Coordinator Sub-Committee Report** **MANDATE**

To explore potential ways the Calgary Weekend Hikers (CWH) can encourage more members to coordinate hikes, and provide CWH Executive with a report outlining the Sub-Committee's findings.

All suggestions / recommendations should be considered.

Sub-Committee Members:

Chairperson: Alice Fedosoff

Members: Pat Cooper, Lorna Jurgens, Mary MacCarl, John Morck, Berthilde Mugenzi, Beverly Rumsey, Judy Stearns, Johanna van Hal, Janette Wood

Meeting Dates:

February 10, 29, and March 7, 2016

### **PAST & CURRENT INITIATIVES**

1. emails sent to all 2014 & 2015 leaders to encourage coordinating hikes 2016
2. limiting sign-ups to maximum 10 at any given time throughout the season
3. encouraging all members who coordinate hikes, if they desire, ability to list their own hikes on the web site, LEADER ACCESS, also to make coordinators aware they can change registration date, maximum number on the hike, etc
4. listing on the web site names of the POSTING TEAM (those 12 who are willing to register hikes for others)
5. computer system will now permit ONLY ONE hike per member per day. including wait list. This will avoid hike shopping / double booking.
6. documents such as Incident Report Form will be improved by Executive

### **COMMITTEE RECOMMENDATIONS**

In recent years, complaints such as: most hikes on the schedule are full, not enough hikes at different levels are offered, too many cancellations, too long a wait list, etc. are being voiced by CWH members far too frequently. Even though this report offers ideas and suggestions that the Sub-Committee members feel will help solve these problems by encouraging more members to coordinate hikes, it is felt these alone will not totally resolve the issues.

The Sub-Committee feels the single most important factor that has the potential to make the greatest impact is to have a mindset change in how many members seem to view their membership in the CWH Club. The mindset of a CWH member needs to be "What hikes

can I lead in order to make the Club function better?", not simply, "What hikes can I sign up for?". When members focus ONLY on what they can get from the club, versus what they can contribute to the club, problems arise. All CWH members need to appreciate that it is an individual member's own responsibility to help ensure there are enough hikes at various levels being offered throughout the hiking season.

This Club is a volunteer club!! It was created so members can enjoy the mutual rewards of hiking and friendship. In order to achieve this goal, the club relies entirely on volunteers within the membership to coordinate hikes.

The vision of the Sub-Committee and the challenge to all members is to reach a point where there is an ever-changing schedule of new hikes at different levels being offered throughout the season. Wouldn't it be wonderful to make panic / rash sign-ups and the corresponding cancellations for pre-season scheduled hikes a thing of the past?

### **SUB-COMMITTEE RECOMMENDED CHANGES**

1. MENTORS... poll the membership to find volunteers willing to be Mentors for any member wishing to learn the process or a SPECIFIC hike. Post these names on the web (similar to the Posting Team). Also, post the names of any member who wish to lead, but are reluctant or wary, so they can be contacted by regular members to learn. On the registration form 21 members listed desire to lead hikes... these names need to be obvious for regular members to contact.
2. HIKE WORKSHOP... Executive put on specific workshops... couple hours, various times throughout the season, for any member (OLD or NEW) to obtain confidence to lead hikes. New members on the committee stated strongly they wished to lead hikes but lacked confidence. They need to be aware the control leaders have regarding day, start time, limit numbers, registration date / cut-off, pace, difficulty etc. These Work-shops would be extra from the New Members Orientation Evening.
3. CURRENT COORDINATORS... once sign-ups are complete for your hike, check the list & see if there is someone willing to co-coordinate... be a MENTOR, contact this person & guide them through the process. At the beginning of the hike, when introductions are happening, mention leaders are needed. Encourage family units to co-lead... so hike familiarity becomes habit.
4. Contact the 35 from last year who led only 1 hike... could they possibly lead 2? Also the 29 who



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dropped off in 2015... can they be encouraged to return?

5. NEW HIKES... committee formed from members with many years experience to find hikes done in the past which have not been led for years. Let's increase the variety of hikes.
6. MINIMIZE HASSLES FOR COORDINATORS... firm rules from the Executive so all leaders are on the same page
  - limit hike numbers & stick to it
  - not to take members showing up at trailhead & not registered
  - problem issues communicated to Hike Coordinator... Barry... so he can address situation if repetitive
  - Executive to decide a max number of cancellations(4-5-6-) which would then generate a call or letter to the member

## SUB-COMMITTEE EXPECTATIONS

The expectation of the Sub-Committee is that the CWH Executive communicates this Report to all CWH members in order to solicit feedback from the membership. It is anticipated that corresponding actions are then initiated by the Executive and members, as appropriate, with the ultimate goal of most members coordinating at least one hike per season.

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## Trail Mix

A friend of mine sent me this recipe for Popcorn Trail Mix - an interesting change from the usual gorp....

- |                           |                             |
|---------------------------|-----------------------------|
| • 2 cup unsalted popcorn  | • 3/4 cup banana chips      |
| • 3/4 cup roasted almonds | • 3/4 cup dried cranberries |

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## Recycling Bear Spray

The Calgary Herald carried an article today about recycling and what happened when a canister of bear spray slipped by them -- the canister was crushed and people were confronted with the consequences of bear spray. Please call 311 to determine what Hazardous Waste site is near you.

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## Photo Gallery

by Fritz Kiessling

We are already receiving photos for posting to the CWH website. Have a look at the Photo Gallery. You will see not only the current season, but archives back to 1980.

In general the "photo files" need to be "attached" as "separate files" to the email.

That's not always easy to achieve because of different terminology used by the various software giants. It seem the must use different wording to prevent claims of copyrights.

Microsoft products uses the word "Attachment", they were one of the earliest to do this via email.

Apple (iWorld) uses the words "Windows-friendly". The option to select this via a checkbox is generally hidden. Each Apple product seems to bury it differently, but please look for this checkbox.

Google Mail uses the words "Attach file". If the file is on your local drive, the file will be uploaded, and attached to the email as a separate file. If the file is on Google Drive you first select the file, BUT THEN, you must also click "Attachment" before you click "Insert".

In any case, keep the photos coming. If there are problems I will work with you to sort out the issues.

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## Post Your Outdoor Adventures After the Hike Season:

This coming Fall will mark the first time that you will have the opportunity to post outdoor activities on our website after the hike season finishes on October 31. If you are planning a snowshoe, or even a winter hike, and you are looking for participants, you will be able to list them as you would a summer hike. The process is exactly the same.

However, please take note that these out-of-season trips will not count toward your four-hike requirement to remain an active member in good standing. Our membership season runs from April 1 to October 31. To remain an active member, four hikes must be completed during this time period.

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# CALGARY WEEKEND HIKERS

## West Fish Creek Series

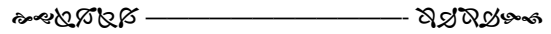
by Fritz Kiessling

A series of hikes has been posted that take place in the Western part of Fish Creek Park, that being West of McLeod Trail. Main reason is that there are (more) hilly opportunities to our advantage.

The hikes are a series where they are mostly on different trails, are as much as possible off pavement, are generally in good shape, although since the 2013 floods there is a bit of bush-waking to get around rough spots that have been reshaped by washed out river banks, or to develop trails in areas that have been cut-off by new water ways. The trails take us up and down many slopes, and usually one, if not both, north and/or south escarpment. Therefore the total elevation gain is generally over 100m. Length is around 4-5 km for those of us that like shorter hikes, to be home by noon. The pace is intended to be comfortable, and might be considered for the, dare I say it, they slower crowd.

There are 8 hikes in the first series, generally on Wednesday at 9:30 AM, with another 8 coming in the fall. The trails are often under beautiful canopies of trees and still cool that time in the morning. We start

our trailheads from convenient public parking lots. See you at the trailhead, Fritz Kiessling.



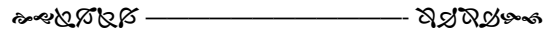
## Note to Hike Coordinators

from the CWH Executive

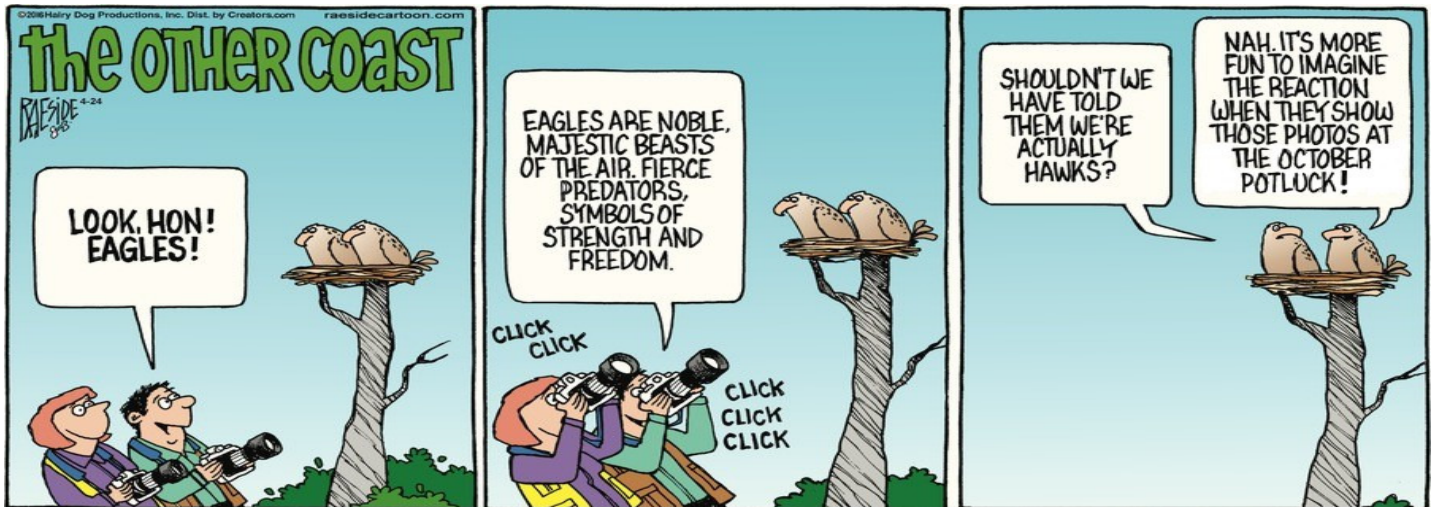
Are you carrying a **Trail Incident Report** in your daypack when you coordinate a hike?

If not, be sure to read the **Incident Management Guide** and print out the **Trail Incident Report, Parts 1 and 2**, and carry it with you, together with a **pen or pencil**, when you coordinate a hike.

The **Incident Management Guide** and the **Trail Incident Report, Parts 1 and 2**, can be found under **"Documents"** from the left menu of the CWH website.



# Happy Hiking!



### Late Breaking News:

