



# ON THE TRAIL NEWSLETTER



June 201  
**Summer  
Edition**

### Important Dates

- Potluck Supper  
**(October 27:  
subject to having a  
Social Coordinator)**
- Hike Season Ends  
October 31  
Remember that hikes  
after this date  
do not count towards  
your minimum.
- Shoulder Season  
Starts  
November 1

### From the Online Photo Gallery

- Moose Mountain  
May 19 and 24



### From the President

-- by Doug Hackbarth --

We are off to a good start to the 2018 hiking season. In April and May this year there were a total of 83 hikes which were attended by approximately 870 members and guests. In 2017 in this same period we had done 79 hikes but had accommodated approximately 1000 members and guests. No doubt that the lingering snow at high elevations is affecting member's interest. Things should begin to pick up in June.

As usual, I want to remind everyone that CWH provides hiking opportunities because of the efforts of our members. Please consider coordinating at least one hike per season as part of what you "give back" to CWH. Please do not just sign up for hikes put up by others but put on one of your own. It is not an onerous responsibility and we do have volunteers who will help you with setting up the web announcement and your first hike as a coordinator.

We are still looking for a Social Coordinator. I can tell you frankly that the Executive is discussing cutting back on social events planned for 2018 and 2019 unless someone steps into this position soon.

Happy hiking this year! Doug

### Social Coordinator Needed

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Dear Members:

Our club has been looking for a Social Coordinator for six months without anyone stepping forward. This is disappointing since CWH can only function if its members participate, not just in hiking, but in other aspects of the club.

I am asking you to participate on the club Executive in the role of Social Coordinator. This role involves managing the booking of the hall for four events each year as well as participating in the actual events.

At each event there are generally 3 to 4 or more Executive Members to attend/help. Calgary Weekend Hikers needs your support.

Please contact me ([hackenv4@shaw.ca](mailto:hackenv4@shaw.ca)) if you are able to volunteer for the position of Social Coordinator. Doug Hackbarth, President

### The 2018 Executive Committee

President:	Doug Hackbarth	Social Coordinator:	vacant
Vice President:	Mike Cogut	Communications Coordinator:	Fritz Kiessling
Secretary:	Peter Morgan	Archivist:	Janet McMaster
Treasurer:	Terry Wilson	Newsletter:	Dorothy Whitson
Hike Coordinators:	Gerry and Doris Cyre	Webmaster:	Fritz Kiessling
Membership:	Pati Roberts		



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## From Our Hike Planning Coordinator

-- by Gerry Cyre --

Welcome to the new hiking 2018 hiking season with a special welcome to our new members.

While the trail conditions this April were slow to improve from the late snow falls, the number of hikes increased over last year's count in April and May. The number of participants was down from the previous year. There were 505 participants in April and 864 in May.

Our club's shoulder season is from November 1st to March 31<sup>st</sup>. The count for 2017-2018 shoulder season hikes is 4, down from 18 in 2016-2017 season. This may be linked to the below average temperatures during the past winter. We will continue to encourage shoulder season hikes.

We would like to thank all hike coordinators for making the beginning of the season a success. The new members are already coming out in large numbers.

We have, as in past seasons, heard from many hikers the frustration at seeing many posted hikes are full when they attempt to register. To these hikers we urge you to add your name to the wait list. Many of our hike coordinators will modify their total hike registrant number so as to accommodate folks on the wait list. There is also the possibility that when there are hikers on the waitlist that another coordinator may well post a second hike to the particular destination.

The success of our hiking season can be attributed to our hike coordinators. We encourage you to consider coordinating hikes. You will find the appreciation from the hikers somewhat overwhelming. It's a great way to put back into the club.

Coordinating a hike may seem daunting but rest assured that the website and the hike mentors make it an easy task. You can find all the help you may require on the club website under **NEW - Hike Mentors NEW - Hike Posting Team** . If you require details about a hike that you would like to post, the distance and elevation

figures, ability requirements can be found under "Documents – Possible Choices for Additional Hikes. Under the Documents option you can find detailed guidelines to walk you through the posting process. To date I have already added 5 new hike coordinators to the coordinators list.

At this time I would like extend the club's appreciation to Wendy and Barry Schur for acting as Hike Planning Coordinator for the past 3 years. It's going to be a tough act to follow!

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## Camino 2018 - Portugal

-- by Steve Thor --

The trip started off with problems. The weather was not so great for the first 3 days. Porto city was a challenge but it rained the next two days after that and it ended up we followed yellow arrows that were not part of the path.

So, it was the first day and we were trekking through the bush with the rain coming down every now and again so that we had to take our rain gear off and put it on 5 times in one day. (The next day was worse for we took our raingear off for 5 minutes and that was all for the day. More on that later). We were at our wits' end for we had not seen a building for a substantial time and were wondering where lunch was to be provided. We had to walk beside the path that had a river running down it in flood condition and other distractions from the really nice eucalyptus forest we were treading through. Up and down, and up and down to the backs of houses that sometimes had a path along the back walls of properties. We did get close to civilization sometimes. Then there was a restaurant but with only Portuguese language menus. After presenting a map to them we were no closer to knowing where in the heck we were. There were arrows but it was apparent that it did not match anything with a solid or dotted line in our book. The restaurant people seemed to treat us like we were from Mars, but with pointing at the pictures we got some food and a comfort stop plus a chocolate bar for the



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road. At the end of the first day I had a very bruised middle toe on the left foot and a huge blister on the sole of the right foot.

Our bedding place was a monastery. The admission lady was very pointed to ask if we were married. She took us down the hall and showed us a large room with a large double bed in it instead of the girls dorm or the boys dorm. We still had to walk across the hall to the bathroom but we had space to dry our gear, as it rained before we found our sanctuary, and it poured on us when we hiked back from the restaurant.

The routine was just getting started but I was still carrying the weight of the backpack and things were not all rosy. But after 4 days I thought we would be better but then we took a wrong turn and that day had us lost and up a new mountain on the other side of the valley. It was with intermittent rain. It was hot to climb up but windy and tough on the way down. There were again yellow arrows to follow but it was, again, not in our guide. This was a significant hill so I think we got to the top of the ridge at 1900 meters at the top that had the snow leave just 2 weeks before. We weren't at the exact top but likely at 4000 feet or so in elevation. Seemed high enough when we started at sea level. We asked a local lady who had just come out of a church and she seemed to know what she was about so we followed her for about 1 1/2 km and she went into a bar and found a semi English speaker who didn't help us out at all. He said it was the yellow arrows we were following that showed our path but did not know where it went or where we were on the maps. He may have been able to speak English like I speak French - how are you and what is your name and have you potatoes? It was a real boondoggle but after asking someone it seemed rude to ditch them. So it was thank you and off we went. The second day had me with some more small blisters between my toes on one of my feet but it was dealt with and didn't bother me again, unlike the bruised toe, and the fatigued arch muscles in the right foot.

The fifth day was a great day for we were to get to Ponte de Lima. That is a very nice place but it ended up to be a watery slog all day long for too many miles. I put my head down and walked and to amuse myself I started to think of things to calculate. Seems there was a constant drip coming off my peak of the raincoat in front of my eyes so I decided to figure out how many drops per kilometer. I started to count the drops but then figured I could just count the steps it took to get a drop. It was 7 paces per drop and sometimes as long as 12 steps. By then I was depressed and tired again and never figured the steps per kilometer to figure the drops per kilometer but figured with the data gathered I could figure it out. I kept walking and then it was trying to keep spirits up for interaction with Debbie. She was as despondent and perhaps more tired than me. It was this day that the second toe got bruised at the end on the left foot so now it was the two rubber socks on the toes to protect them from further damage. It was strange for I had never heard of these rubber socks for the toes but it made the injuries bearable for the next 20 km too.

At the de Lima we decided we had to take a break. A full day of nothingness. We still had to vacate the hostel by 0800. RULES. They still apply and we had to find another hostel or hotel as you are allowed only one night at the municipal hostel. It is for Camino people after all and at 5 Euros it is a pretty good deal. At this hostel there was a chap who has a garden who worked there and made soup every night for the Camino people. So, it was sleep with soup that was so much of a joy for us after all, as we had not eaten dinner and arrived late. The Camino provided for us and there was still soup at the hostel at 2000 time. We were about to eat a few biscuits we had left over for dinner. Soup was a great treat after a tough day on the trail. Obrigado is Portuguese for thank you, and the fable is the Camino provides so you just sit back and say your obrigadoes for the restaurant at the right time and the soups will appear and are offered to you when you are at your wits end and



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hungry too.

I will check on the details as I may be off by a day or two but I do remember that the next day was sunny and warm and our cockles and shells were dried out and filled up with enough wine to start to contemplate doing more of the walking. So after Debbie broke her finger in the door of the hostel as we were leaving, it was all sunshine and roses (really the trees looked more like trees of peonies but were called carnelian trees, unless you were figuring the flowers in the trees that may have been apple trees or cherry trees or perhaps almond trees but likely apples and they were in bloom for the full two weeks as we walked the isotherm up at the same pace as the progression of spring) all the way to Santiago. We were just like migrating birds that follow the snow line up north every year.

Our towns list of overnights went like this, 1/-Monestary; 2/-San Pedro de Rates; 3/-Barcelos - Barcelinos (two towns at the same place with a river between them); 4/-Casa des Assentos was the really nice place with wash and a fancy dinner and towels and the church right on the property; 5/-Pont De Lima; 6/-Pont De Lima; 7/-Rubaies by train station; 8/-Valenca (Like the oranges on Portugal side of river) /-Tui (same place but in Spain); 9/-Porrino 10/-Redondella; 11/-Pontevedra; 12/-Calais De Reis (city of kings /queens or royalty, with the hot springs {radioactive so just irradiate your feet and no swimming except if you are washing your dogs in the hot springs pool, natives can get away with so much}); and 13/-Padron and the arrival in 14/-Santiago on day 14, April 21st on Debbie's calendar.

Of course there is more but the hiking went nice and easy for about twenty kilometers a day accompanied with good weather. We also got to hike with people and developed relationships with Terry and Paul and with Anya too. There were a bunch of acquaintances along the way with the Bear Gryllis style marathon man who cycled from Canmore to Colorado, who cooked me a great spaghetti meal in Pont de Lima and

the three amigos who were tired of all the carbs and meats so made a huge avocado salad and shared it with me at Pontevedra. They seemed to like the chocolate I was sharing that day. Found the hostels didn't have enough glasses to share the wine with, so chocolate was easier to celebrate our arrival at hostels than the wine like last time.

At Pontevedra hostel I went up the street to gather up my pack as I was forwarding it on the twenty kilometers by the baggage service. Tui Trans was great except the first day when I didn't book it with them. It meant that way back in San Pedro De Rates I left the bag thinking they pick the bag up at hostels automatically but the chap in Valenca(Portugal)/Tui (other side of river in Spain) was on top of my error and we just had to rotate the underwear to put the insides out and have a hostel with bedding and blankets. Of course a finger for a tooth brush wasn't the roughing it we were used to but it did the trick for one night. The head office of Tui Trans in Tui was just the right place for us, after we found it. We were lost again and the people on the street couldn't help us so we went to the police station and had an officer walk us across the street and around the corner to find our place. He was very nice and waited for us to go in the door to make sure we found the place.

I lost the first two games of cribbage to Paul and we split the rest of the games and that was a nice diversion from thinking about sore feet or diary writing or the British chap or how Anya had a great transformation when she got her pack picked up by Tui Trans. She claimed that she was very worried about finishing the Camino as it is a large deal for hiking these days. A real accomplishment! By the time she had them pick up her bag for her she says she figured she could get it done. The end was doable and she relaxed and started to see the blossoms on the trees and moved less hurried. We figured it was as a great weight was lifted off her shoulders and she was happy again. Fun to see. Who knows how many people saw our transformation and what it looked like from the outside. Definitely



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took a day of rest at Pont de Lima before it was possible to see us being able to get to Santiago. Terry and Paul were old hands by that time as they started in Lima and not the easy 240 kilometer route from Porto that we took.

We sat at the major thoroughfare the next day to have some lunch and a wine and met Paul and Terry again who joined us and the German chap whose wife was still doing fine and went off to Finestre without him and his injury, and a bevy of acquaintances who we hugged because we know they needed to celebrate the arrival in Santiago.

In truth, I started this written account many days ago, before the next holiday, when things were fresh but the days got all muddled up. The time of trial was remembered as two days when it

was a struggle for a good five days! The order was muddled and the selective memory had edited stuff to such a degree that I was rushed and put in, "and we went 20 km each day to Santiago," the days were filled with memories from the 4 years prior and with the new ice cream places and the new red wines that had to be drunk. Toasted a few beers along the way too with the Germans and Americans. Debbie did get to see why it is good to do and fun along the way too. In the end it is a large accomplishment but it is still fun to hike with friends along the trail for 20 km today and again tomorrow, for much the same reasons I hike in Canada, but also for a comradery shared by the people you meet along the way.

Steve Thor

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## **New Members Evening**

-- by Pati Roberts --



Marda Loop Community Hall was once again the venue for New Members Evening. We welcomed more than 50 new

members, as well as active and executive members. A huge thanks to the executive for making the evening a success. Much appreciation goes to Gerry and Doris for

coordinating the evening and to Fritz for showing the "Safety in Bear Country" video which was a hit with new members.

At this time, we need to recognize the time and dedication that Shirley Marsh provided for a number of years while serving as Membership Coordinator. Her commitment and enthusiasm were appreciated by all. Give her a big thanks when you see her hiking on the trails.

Joyce Scully and I are sharing the role of Membership Coordinator. Joyce will be responsible for New Member requests and I will be handling Membership renewals. If you have any questions or concerns, please contact us at [pati roberts@shaw.ca](mailto:pati roberts@shaw.ca)

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## Techy Bits

-- by Fritz Kiessling --

### Carpooling

We have received comments that not all hikes have carpooling. That makes it difficult for members that depend on rides to get to hike trailheads. I have investigated the issue about the hike participants being able to contact others on the hike regarding carpooling. And it's possible from the "SignUp List" on the hike details page.

The SignUp List does respect members' preferences, meaning that it will show Usernames in blue, if a member has chosen to allow contact.

If the blue name is clicked, that member's contact information is shown and allows the hike participant to contact other members on the hike to arrange their carpool.

### Attaching Photo Files

As the season takes shape with more hikes in the mountains, we are getting more submissions



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for our online Photo Gallery. That's where the gremlins start to surface that prevent

members from "attaching" the photo .jpg files. The photos get embedded in the email body.

When I attempt to extract those photos, the results are unsatisfactory; very pixelated. For some reason Apple makes it awkward, if not purposely difficult, to send photos to the Microsoft world. I can't give individual instructions, because I do not have any Apple device, such as iPhone, iPad, Mac., etc. Further, every time I have worked with members that have such devices we seem to be faced with screens, buttons, sliders, checkboxes, etc., that do appear in different locations, and/or do things differently.

Lately we have discovered, and most credit goes to Shirley M., that a better tool is available, by simply using your Internet Browser, and logging into your ISP mail server with something like Webmail. Most ISP have such facilities, check with them and how to log in to your Email directly from your browser. The webmail type methods of attaching files are generally very good. So if you have difficulty with "attaching" photo files, and the photos always seem to get embedded, I suggest you try something like Webmail. We may get more of your beautiful photos into our Photo Gallery.

There is another method, but it involves a Google account. If you have such an animal, you can upload your photos to Google Drive, and forward (share) the folder link to me. I can then download the photos to the Photo Gallery.

Hope either of those solutions work better for you. Happy Trails.

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