



ON THE TRAIL NEWSLETTER

December 2013 — Winter Edition

CALGARY WEEKEND HIKERS

Important Dates

- AGM -
Online Signup NOW
=====
- Date & Times:
Sat. Jan. 25, 2014
6:30 - 7:30 pm
Social
7:30 pm AGM
=====
- Location:
Stanley Park -
Parkhill Community
Hall
4013 Stanley Road
**Approach from
Macleod Trail and
39th Ave S.W.**
- Hike Season Begins
April 1, 2014
- Pot Luck Supper
October 18, 2014
- Hike Season Ends
October 31, 2014

The CWH Executive Committee

- Past President:
Ken Melville
- President:
Marlene Wiens
- Secretary:
Peter Morgan
- Treasurer:
Terry Wilson
- Membership Coord.:
Ann Murphy
- Hikes Plan. Coord.:
Lynn Williams
- Social Coordinator:
Elke Schapansky
- Newsletter Editor:
Robyn Hay
- Archivist:
Janet McMaster
- Comm. Coordinator:
Fritz Kiessling

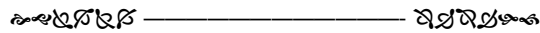
From the editor

"What a difference a day makes...24 little hours"



The words to that 1930's song are very apropos to Alberta this year. A year that instantly changed lives, geography and hiking adventures as we knew them. To those who suffered personally, my heart goes out to all of you. A hearty big Thank You and Bravo to all the CWH members who kept the club a float through this challenging hiking season. 2014 will bring the new challenges and adventures of finding old trails and creating new ones... upwards and onwards!

Cheers! Robyn



President's Message

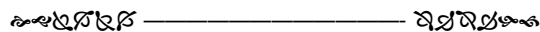
The flood was a monumental event that hugely modified our favourite park, Kananaskis. We are grateful to the many hiking coordinators who sought alternatives to keep the season going and to all those members who participated in reconstruction. Kudos to all of you!

Lynn Williams will leave her post as Hike Planning Coordinator at the end of the year and the executive would like to acknowledge the terrific job she has done in the post. She was instrumental in getting the hiking schedule organized on the web and in training the coordinators. We owe her much thanks.



We have candidates for the posts of Hike Planning Coordinator and Vice President, for which we are indeed thankful. We invite you to attend the Wine and Cheese on Saturday, January 25th at 6:30 PM and later the AGM at 7:30 PM for more information and to place your vote. Who knows, you may win a door prize during the activities following the AGM!

*Merry Christmas and Happy New Year,
Marlene Wiens*



It pays to Show Up!



That's what Terry Wilson discovered when he attended the CAOC AGM on behalf of our club! They had a lot of door prizes to give out and few attendees, so Terry left the evening with quite a haul which he has generously given to us for Door Prizes after our upcoming AGM in January.

DOOR PRIZES

1. Gem Trek Waterproof Trail Map & Guide of
 - a) Highwood & Cataract Creek
 - b) Jasper and Maligne Lake
 - c) Banff and Mt. Assiniboine



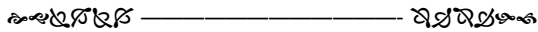
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2. MEC Tam 3 Tent with Vestibule: 2-3 person, 3-season, 3.4 kg, free standing

So do join us January 25th! We get to party first, then have the meeting, often some other form of entertainment...and this year... Door Prizes!



On the Lighter Side

Submitted by Barry Simpkins

Some things are "said" better in a comic strip.

Letters...

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



Courtesy of "The Other Coast" on <http://www.gocomics.com/theothercoast>



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2013 - 2014 Discount Program for Calgary Weekend Hikers

**Lake Louise Inn
210 Village Road
Lake Louise, AB
403-522-3791**

The offer below will only be valid based on the hotel availability and upon signature of this agreement by both parties.

2013 Discount:

Date:	Discount:	Restrictions:
May 1 to June 21, 2013	20% off our Best Available Rate	Not valid over long weekends. Blackout dates: Nov. 28 – 30, 2013 Dec. 5 – 7, 2013 Additional blackout dates may apply
June 22 to Sep. 21, 2013	15% off our Best Available Rate	
Sep. 22 to Dec. 23, 2013	20% off our Best Available Rate	

2014 Discount:

Date:	Discount:	Restrictions:
Jan. 4 to June 13, 2014	20% off our Best Available Rate	Not valid over long weekends. Blackout dates: Nov. 27 – 29, 2014 Dec. 4 – 6, 2014 Additional blackout dates may apply
June 14 to Sep. 21, 2014	15% off our Best Available Rate	
Sep. 22 to Dec. 24, 2014	20% off our Best Available Rate	

How to book:

- Visit our website – www.lakelouiseinn.com and use Access Code: ODC
- All reservations must be booked via the Lake Louise Inn website
- Club/Group Name: within the online booking options, please include the club/group name under the

(Continued from - Letters...page 2)

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*

Discounts

Campers Village –

10% discount for all CWH Members.
7208 MacLeod Trail SE,
Calgary, AB T2H 0L9
403-252-3338



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The Amplified Effects Of Our Club

Submitted by Steve Thor

...as found on a bench in Kananaskis Country on one of the lower trails to Kananaskis Lookout.

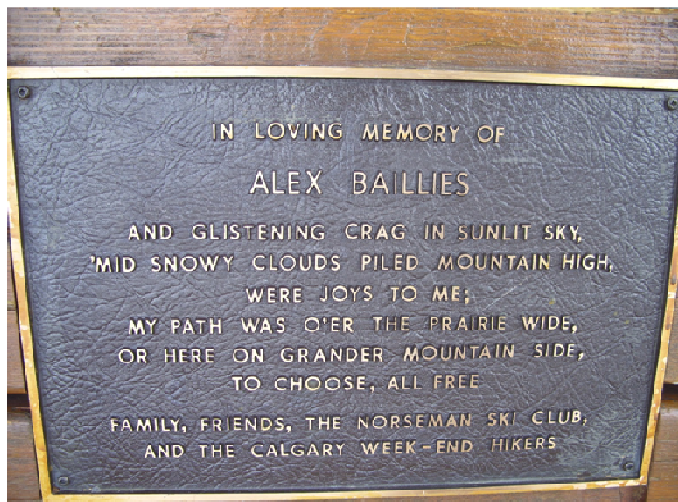
Sometimes you are struck by the far reaching effects our club has on the world around us.

I was quietly skiing along a very nice trail and stopped at a park bench looking out over a very nice view. As is my habit, I read the memorial that funded the bench and lo and behold found it was dedicated to one of our group.

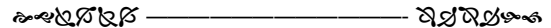
I have no doubt that our members are important and influential members of our society and the long stature of these individuals are intertwined in the social fabric of our community. I just think of my friends and hike-mates I have contacted with the club and feel my life is expanded greatly. Each one of us has their professional lives, charities and other passions that animate us and that we share. For me the club is a huge blessing and part of my life. I like hiking a lot and it shows in the things I do. Our club extends into things like trail maintenance and new trail building such as our continued help with trail work with the friends of Kananaskis or West Bragg Creek trails.

The influence of our club extends into or the arts world with Glen Boles (and the exploration/adventure he did and represents) shown in his presentation to our group, and many other facets tied directly to the enjoyment of the outdoors or to things like publishing thru our purchase of books.

So the snow was falling quietly as I looked over a name of someone I don't recall but I know people



who remember this chap. The club was a big enough thing in his life too, to be mentioned in this memorial along the trail. We are all fortunate to have shared our club together. I look forward to hearing more stories from all the interesting people who have some time on the hikes to tell their own stories to me.



TRAIL MAINTENANCE

Many thanks to all of you who came out this summer and did trail maintenance. The various organizations really appreciated this effort.

We started out on June 19, 2013 going up to the Canmore Nordic Center and working on the 'Ziggy' bike trail to contour the trail so that water flowed off the trail as to keep it as dry as possible. We had 17 members of the Calgary Weekend Hikers out for this event. We had a few showers come along but not enough the test out our work. That came later that evening and the next two days where we got our floods and destruction. Now our work changed from Maintenance to Restoration and Re-routing of our trails. Where the trails were near creeks, the creeks took over. Creek beds widen up to five or more times and twice as deep. Kananaskis Country lost over sixty bridges and may take up to five years to repair or re-route and some trails may never be done.

As the amount of volunteer work required suddenly expanded many, many fold, we found that the best way to get volunteers for the various work groups, was to send you notices of the work parties and for you to directly sign up with group needing help. Alberta Parks starting working on the trails nearest Highway #1 which included Heart Creek, Quait Valley, Jewel Pass to the Barrier Lake Dam and the access only to the Lillian Lake Trail. They did go to



the far end of Kananaskis Country to build gabions on Fox Creek to prevent next year's spring floods from taking out the bridges which



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just survived this years flooding.

We also went out to West Bragg Creek area to do trail maintenance or to build new trails there. In general they were not that

affected by the floods. In total we had twenty nine hikers go out on eight different work gangs.

We have decided that again next year we will go with the same program to informing you of the work crews going out and it will be up to you to register directly with the organizing group. We will try and organized an outing for our club only. This will most probably be in June in the West Bragg Creek area as it is easier to organize one there as it does not come directly under Alberta Parks but under the Bragg Creek Association.

Thanks again and we hope to see you out again next year.

Terry Wilson

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## Personal Accounts:

### The Nitty Gritty of Trail Maintenance!

You also had to learn a few new words and tools. We are all familiar with a pickaxe and shovel and rake. But we also had large pruners that could cut through four cm diameter roots and branches. Then there was the Pulaski which combines an axe and an adze. Also a Mcleod, which has a wide heavy metal plate with a handle in the middle. It can be used as a coarse rake, a leveller, a dull axe but mainly as a tamper to compact the newly built trails.

The gabions are those metal cages filled with rock to protect bridge supports or at the base of steep hill sides to prevent debris sliding down onto the roadways.

Terry Wilson

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Calgary Weekend Hikers

2013 Potluck Supper

October 19, 2013

The annual Pot Luck Dinner is a much anticipated event. It brings the hiking Season to an end.

This was the first time we had an online registration system. It worked quite well, 78 members signed up, 5 missed the deadline and called in and 93 members showed up for the evening.

We had put some instructions regarding utensils, marking dishes, bringing your own plates and cutlery on the web site, however, a very important item, the address of the event was overlooked on the web site. That will be corrected in the future.



The evening was a great success. My worries about not getting many offers of help ahead of time were quickly dispelled. At 6 o'clock beside committee members Lois Henderson and Jackie Morgan and seven other volunteers a whole army of club members showed up to help. Tables and chairs



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Volunteer Day on Galatea/Terrace Trail

Steve Thor

Had a fun and productive day on the trail crew. We worked on Terrace trail for the day but I was in for a big rock wall that stabilized the bridge and will be used as the junction for both the Terrace trail and Lillian Lake trail. It was like the movies and emergency scenes as there was a helicopter landing in the lot when we got there and buzzing around all morning. It was used to move a bridge back on the pylons as it was one that remained whole after it was swept down Galatea creek.

The saddest thing to report is that Lillian lake campsite is buried under 50 tons of debris and that trail will likely be out until October. The helicopter working crew said they wished all volunteer crews were as motivated and productive as our crew. Everyone dug in and contributed with fervour. It was a mixed group of young and old hikers all dedicated to getting our trails back and working for another hundred years. We did good work.

When our assigned work was done we went as a crew and started making a new trail through one of the new gravel washes. Job completed.

Our group leader mentioned to me that most people get swollen fingers and are very sore the next day. I thought since I was a rock worker on the tough job and sweated most of the day that I would be sorer than I am. No pudgy fingers to report.

The best news is that Terrace Trail will be open for this weekend.

Springtime Hiking in Alberta! Here is a picture



2012, Prairie Mountain looking at Moose Mountain

were set up in no time and they pitched in wherever it was needed. The same thing happened when it was time to clean up. The premises were booked from 6 to 9:30pm and there was no problem meeting that deadline. I was very grateful for all that help.

The food was delicious and hardly any leftovers.

A Big thanks goes to Steve Thor and Fritz Kiessling. Fritz, for ensuring there was the necessary equipment for the slide show, and to Steve Thor, for inviting photographer, George Brybycin, to bring his slides of the mountains. George's photos are something special and many 'Aw's' could be heard from the audience.



For future events, starting with the AGM, we will be recycling used plastic and paper beverage containers. Sigrid Wili has kindly volunteered to be in charge of this job. She already created the signs and will bring the bins for this purpose.

Elke Schapansky

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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 or call The City at 311

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(above) from one of the first hikes this past year up Prairie Mountain lead by Lois Henderson.

Submitted by Steve Thor

ਸਮਾਜਿਕ ਸੰਬੰਧ ————— ਸੰਚਾਰ ਮਾਧਿਅਮ

Webmaster's Perspective

from Your webmaster, Fritz Kiessling

It has been a really interesting season, certainly weather-wise, as well as attendance-wise. We have received a fair number of comments on the lack of



availability of hike spots, both in short-term or long-term openings. Arguments were raised, such as "all hikes were booked early," or

"I couldn't get on any hikes." During the Winter months there will be group discussion to see how we can improve this situation so that our members can enjoy more hiking.

For now, perhaps I can dispel some of the rumours, with charts that represent our website data for the 2013 season.

Chart 1 shows that although there are a number of members that like to book ahead, the majority of members, around 80%, book their hike within one month ahead of the event date.

Chart 2 shows us, for each month, the number of members on hikes, the number of members that cancelled, the number of spots available (Maximum), and the resulting under attendance which averages to 25%-30% of available hike spots.

What does all this mean? First from Chart 2, we see that the weather, in particular the June flood, did have an effect on our hikes, such that the June

Chart 1

CWH 2013 - Attendance Stats - Month Totals

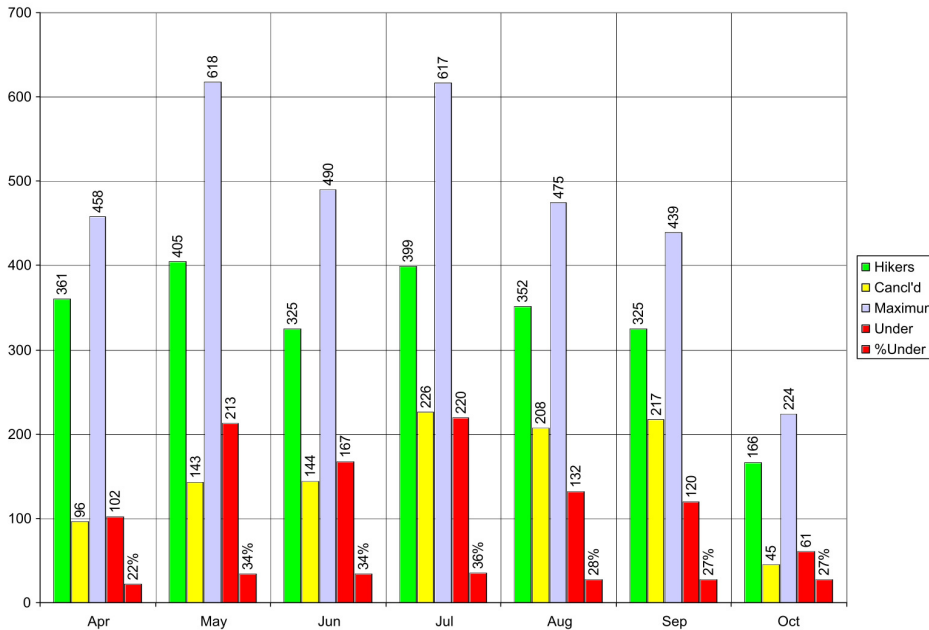
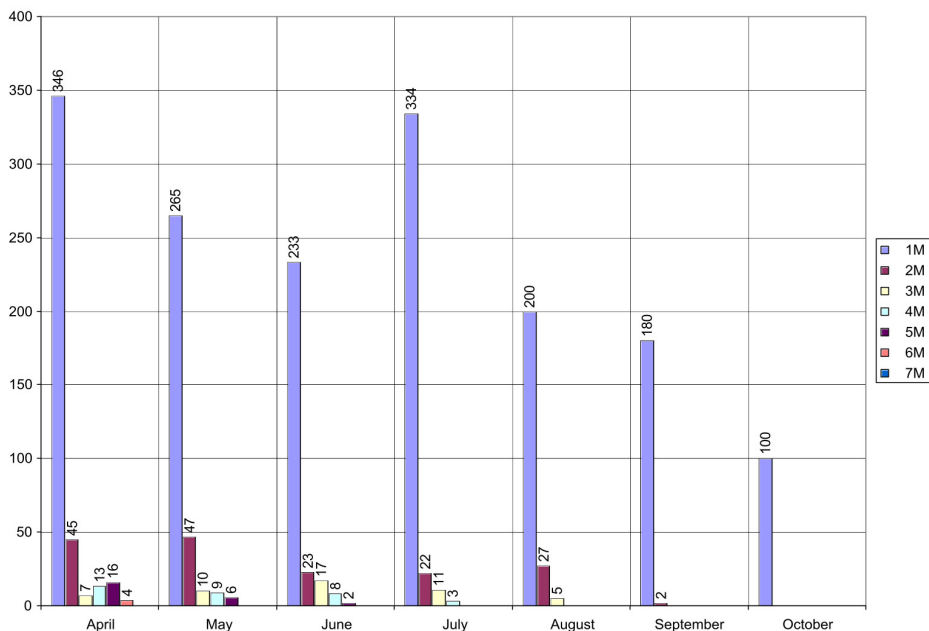


Chart 2

CWH 2013 - Signup Stats by Months prior to Event





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availability is lower. However most of hikes were rescheduled, such that for the whole season we had only 3 totally cancelled hikes. Second, again from Chart 2, we can see that there were a significant number of cancellations, roughly the same as the under-attendance on hikes. Does this mean that the under-attended spot are due to the cancellations? That's a Yes and a No. From other data markers, that are to plentiful to show here, we can identify that the under-attendance issue is a result of how spots are filled from a) the initial signups by members, to b) from the Waitlist by hike coordinators. This (b) often resulted in further cancellations, and spots not filled. More on this at the AGM.

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### **Meet Our Archivist**

*Janet McMaster*, our Archivist, has been busy gathering, sorting, boxing, un-boxing our past files, documents and photos.

It takes a lot of patience and effort to go through all the boxes to look at all the old stuff, and “interpret” what needs be kept, and what should be discarded.

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Animal Adventures in K County!

It was the perfect day In Kananaskis Country; blue sky, gray mountains and wonderfully warm sun. Often in the mountains I see a wild animal of some sort which always makes my day. Little did I know when I turned off onto highway 40, just what wonderful sites I would see this special day.

The first animal I saw was a deer, who greeted me as I turned off into Peter Lougheed Park. Obviously, the designated official greeter that day.

At the Information Centre, I saw two grizzly bears grazing in the back meadow. Safely perched on the elevated balcony of the Information Centre, it was the first time I had ever seen grizzly bear. One was cinnamon brown and the other was blond. They foraged around in the tall grasses and every once



Upper Kananaskis Lake in Peter Lougheed Provincial Park

and a while they would look up and perk up their ears. I also watched them ‘scoop’ the ground with their sharp claws looking for something yummy to eat. I eventually left as I had more driving to do to get to the Chester Lake parking lot. I was hiking to Three Lake Valley.

En route to the trailhead, I saw a very healthy looking coyote with thick and shiny fur. This was followed by a Richardson ground squirrel on the trail. He had a mouthful of perfectly even twigs that he was carrying to build his house near Chester Lake.

Over lunch I saw even more animals...11 mountain sheep were up on the grassy knoll high above us and a very large eagle soared over too. We were all very excited about all the animals we were seeing....but there was more to come.

On the drive back, there were 8 more mountain sheep where the deer had greeted me in the morning, and in that group were two baby mountain sheep....I continued down the road and low and behold what did I see...but a gorgeous chocolate brown moose eating beside the road....and there was one more animal ahead...a Red Deer!

What a day for animals! Final tally: I had met up with two deer, two grizzly bear, one coyote, one Richardson ground squirrel, one eagle, 19 mountain sheep and one marvellous moose!

All I can say is WOW!
It is a day I will never forget.

Robyn Hay

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

