ANNUAL GENERAL MEETING (AGM) / POTLUCK DINNER
Friday, November 18th, 2016, 6:30 P.M.
The Memorial Building – 3625 – 4th Street SW, Calgary

Bring a contribution to potluck in the form of an hors d’oeuvre, main dish, salad or dessert.
Oven available for warming only. Coffee, tea, punch, paper plates and plastic utensils will be provided.
Club will provide all alcohol (beer & wine) and have a server, tips appreciated
Be kind to the environment and bring your own washable dishes.

Potluck/Social: 6:30 to 7:30 PM; Doors open at 6:00 PM
AGM: starts at 7:30 PM
Please register on our Website
CHAIRPERSON’S REPORT
Cathy Lockerby

Our 21st hiking season is winding down and what a year it has been. As your 2016 chairperson, I would like to express my deepest appreciation to you all, as Prairie Mountaineer Hikers, for your continued outstanding support of our club, on and off the trails, and to me personally. The awesome spirit of PMH was so evident to me on September 10 on a hike to Brown-Lowery Park. When we arrived back at the trailhead, three of our founding members, Donna Michael, and Heather and David Smith posed for a photo and shared how they had hiked this very trail 21 years ago-the first recorded PMH hike. This speaks volumes to me as to how many long term friendships of our early members endure and how their leadership continues to inspire us as a hiking club.

And we are a hiking club - on the move. In an unbelievably brief period of just over two months, from membership approval at our enthusiastic April 15th Spring General Meeting to our Canada Day Launch, we, as a club, have accomplished mission impossible. Under the wise and skillful guidance and hard work of our Website Implementation Subcommittee, with committee lead, Jim Baillies, and members Kasandra Klassen and Elaine Bouey, we were able to appreciate a state of the art website, up and running, for our summer hiking season. These three members have made an outstanding contribution to our club and one that will long endure in our club’s proud history.

We have also been fortunate, through the inspiration of Peter Mitchell, former past chairperson, and Karen Fisher, Hike Planning Coordinator, to fine tune our hiking skills with 2 hiking skill development courses; one for our general membership in the spring and one for our coordinators in September. Both of these events were skilfully led by Andrea Petzold, Certified Guide with the Association of the Canadian Mountain Guides. Fifteen members were also able to experience an Interpretive Hike with John McFaul to Sandy McNabb Ridge, organized by Susan Allen, Vice-chairperson.

The club has also offered three fun filled, out of town, hiking weekends. Who will forget our 35 member “church camp cabins” adventure in wonderful Waterton National Park, under the skillful organization of Laine Simpson, with grand hikes, camaraderie, and fantastic food? Trips to the high peaks of the Rockies, with accommodations in the Alpine Club of Canada Huts at Lake O’Hara and Wheeler in the Rogers Pass were also enjoyed-always a cozy experience with stunning scenery.

We have an exciting 150th Canadian Birthday to celebrate. At the spring executive meeting a motion was passed to create a 2017 club calendar, highlighting the winning photos from our 2016 seasonal contest, as a way of celebrating our great land and our awesome place in it. We are hopeful the calendar will be available for purchase in time to capture the 2016 Christmas gifting season. Details regarding this project to follow.

As the end of my term as your chairperson grows closer, I wish to end my report on a note of reflection around what an honour it has been to serve as your chairperson.
Since our 2016 new year beginning, we have confidently embraced the future as a hiking club, as evidenced by our new website and a very successful hiking season, at all levels, as our year slowly comes to a close. On behalf of you all, I wish to express appreciation firstly to you, our general membership, for your guidance, your wisdom, and your trust, expressed so well at the Spring General Meeting and in your “Check-In” Survey comments, serving as a guidepost for club decision making. Secondly, a very sincere thank you to all our hike coordinators who have so generously volunteered their time for our hiking enjoyment, at the same time as mastering the challenge of posting their own hikes on our new website. You are the hub of our club. And finally, I do not have adequate words to express my deepest appreciation to our 2016 executive for their wisdom and support. From rallying to an urgent special summer executive meeting at Tim’s with a days’ notice to unbelievable support in tackling a groaning meeting agenda or an unforeseen challenge, every member has been there with unfailing support of PMH - truly club spirit at its finest.

Our club’s value statement, "We believe that hiking is more than a physical experience, it refreshes the spirit", I believe, says it all. It is my wish that each of us carry this message in our heart wherever and whenever we hike as Prairie Mountaineer Hikers. We have a proud 21 year heritage of leadership and enjoyment on our treasured Prairie-Mountain trails.
MEMBERSHIP REPORT
Donna Hogan and Dorothy Whitson

What a great hiking season this has been! We currently have 172 membership units registered.
And now it’s time to renew your memberships if you have completed the required five hikes. The Membership Renewal Form can be found on the PMH website under Membership/Member Documents/Forms.
Please print the 2 page form. Complete both the members’ information page and the waiver page. If you require a new name tag please indicate and add an additional $4 for each tag. Mail the completed forms along with your cheque to the address provided on the renewal form by November 30, 2016.

If you haven’t completed the five hikes there is still opportunity to do so until October 31, 2016.

If you are unable to complete the five hikes and there are extenuating circumstances you might choose to fill out an appeal form and submit by November 30, 2016. The Appeal Form can also be found on the website.

See you all at the Annual General Meeting, November 18, 2016.

Donna Hogan appeal_renew@prairiemouthiees.ca

The 2016 hiking season is fast drawing to a close for another year. Hopefully all of our new members have completed their mandatory five hikes or are getting very close to achieving the minimum requirement.

Prairie Mountaineer Hikers welcomed 42 new members this year. You will recall that our report in April indicated 24 new members had joined as at the date of publication of Trail Talk. Since then a further 18 units have joined. Hopefully you have all been able to take advantage of the variety of hikes offered: from our city hikes and evening hikes to lovely hikes in the mountains.

For those folks joining throughout the hiking season you will receive your name tag next April as the cut off for name tags had passed.

We have three units who have completed their twenty years of hiking with Prairie Mountaineers and have now been elevated to Honourary status. They are: Elaine and Doug Bouey; Lynn Haggar and Peter Minarek. Congratulations to all of you and thank you for your years of service!

In closing I hope that you had a good hiking season and were able to meet many of your fellow members and that you felt welcomed and included.

Dorothy Whitson waitlist@prairiemouthiees.ca
ANNUAL PHOTO CONTEST

Susan Allen

Annual Photo Contest – with a Difference!

Come One; Come All …………………….. Submit your fabulous photos for the Annual PMH Photo Contest.

This year we will be publishing a 2017 Calendar commemorating the 150th Anniversary of Canada. This means that in addition to our standard competition categories, we will be searching for a special photo to grace the cover of our calendar.

This new category will reflect the exceptional qualities of the Prairie Mountaineer Hikers. This would include photos that emphasize both the prairies and mountains. The photos entered for this award can be from any year/hike taken with our club. It just has to be the best hike ever!

The special category – for the cover page:

1) Cover Page

The standard categories will be used for the 12 monthly photos in the calendar. They are:

1) Scenery;
2) People;
3) On the Trail;
4) Flora;
5) Fauna; and
6) The Unusual.

EACH PHOTO MUST BE LABELED with the following information:

1) Name of Photographer;
2) Category;
2) Date of hike; and
3) Name of hike.

Each photo needs to be loaded separately for proper identification and classification. The photos must be taken in 2016, except for the new special category for the calendar cover page.

How to submit your photo:

All photos must be submitted into the Drop Box in the Hike Photos section of our website, within the photo contest folder, then within one of the 7 subfolders, by the end of day Nov 1st. The password is “Louise”. All photos will be ready for viewing by the end of day Nov 4th.
Voting
We plan on using electronic voting this year. Details will be sent out shortly.
Winners will be announced at the AGM.
So find those special gems to enter into the contest!
HIKE PLANNING COORDINATOR’S REPORT
Karen Fisher

I was a late volunteer for this position of Hike Planning Coordinator, assuming it only in June. Thanks to Jim Baillies and Susan Chalier who filled the gap and got the hiking season off to a good start. Fine weather in May and June saw some members completing five hikes before July. The new website, launched July 1st, has added immeasurably to the success of our hike season. Special thanks to the hard working team of Jim Baillies, Kasandra Klassen and Elaine Bouey.

Our new website has been enthusiastically received. The number of hikes this year is up 20% over 2015. The calendar shows, at a glance, the details of upcoming hikes. Once you sign up for a hike you are kept informed of changes and receive friendly reminders of meeting time, location, what to bring and often what weather conditions to expect.

If you have not yet coordinated a hike using the new website, first go to Membership/Member documents/Posting your own hikes. Become familiar with that document. Then please contact me at pmh.hpcordinator@gmail.com and I will enable you to be an event (hike) coordinator. If necessary, I will walk you through your first posting.

Two successful overnight trips were organized early in the 2016 hiking season: the first to Waterton Lakes National Park (June 24-26) and the second to Roger’s pass (August 18-21). Both proved very popular, suggesting that we should plan more overnight trips for 2017.

Our hike schedule is a reflection of the enthusiasm and generosity of our hike coordinators and members who participate in our hikes. I would encourage members who have not yet coordinated a hike to do so in 2017. Let’s make 2017 another great hiking year.
HIKE COORDINATORS SKILL IMPROVEMENT COURSE
Saturday September 24th

An enthusiastic group of 18 members (featured in the photos) participated in an all day course designed to help them to become more knowledgeable and skilful trip coordinators. The course was presented by Andrea Petzold, a certified Hiking Guide.

Below is a list of suggestions to be reviewed by hike coordinators in advance of planning and leading a hike.

HIKING COORDINATOR SKILL IMPROVEMENT SUGGESTIONS:
- Know the destination, distance, elevation gain and turnaround time
- Have a map, weather forecast, local knowledge, behave like a leader
- Check for proper footwear, essential hiking gear despite the forecast
- I'm a volunteer, I hike at a pace of 300 m per hour with stops every hour
- Hikers who stray from trail are asked to hike at the back
- Don't talk too much; people will stop listening
- Rest stops should be level provide privacy and protection from wind
- Keep breaks to 10 minutes or less
- If someone is lagging, slow down and put them directly behind you
- Appoint a good hiker to sweep and someone you can rely on
- Check in visually, not verbally at switchbacks or flat stretches with hikers
- Report to group a few times a day as to the progress of the hike
TRIP REPORTS

A special thank you to those who sent in a hike report. This certainly gives us a peek into some of the wonderful places available for the PMH hikers. Check out the Hike Photo albums for more hike pictures.

Waterton Lakes National Park, 24-26 June 2016
Amber M Adams

At Waterton that Friday it was wet – really wet. But we walked. The group I was with squelched around the perimeter of the town, found a shelter, then another shelter, then a Starbucks. The other group, in the open country, got drenched. You never saw such a bedraggled, sopping, dripping bunch! As soon as we got to the Canyon Church Camp, the rain stopped.

We settled into our cabins – there were no other ‘campers’ so us girls all got a lower bunk. The men had their own cabin and washing facilities (no mixed bathing here!). They may have been more squashed in their accommodation – who knew? Who went in there??

After dinner Ian Wilson and his wife, Jacinthe Lavoie, both authors and photographers, presented a photographic tour, with slides and commentary, of flora and fauna around Waterton. Beautiful pics of little and big critters, mountains and flowers.

On Saturday we had a rather early breakfast (much rousting of folks out of bed) at 6.30 am as some members were going on a long and difficult hike. I went with the Bertha Lake group – but nearly everybody else landed up there too! Bad weather, snow, ice and poor conditions had forced the early hikers to change their plans. The hike to Bertha Lake was not too strenuous although the steep ascent on switchbacks made for tingling thighs coming down. Views of Waterton Lake, peaks, valleys and the waterfall were magnificent. And the flowers were quite delightful.

On Sunday we tried to go up Red Rock Canyon, but no go. It was shut, access forbidden, like several other locations in and around Waterton due to long overdue upgrading. Some hikers continued to Blakiston Falls. Those disappointed by snow on Saturday set off for their hike again as the weather looked better.

Meals were provided by the Camp staff and served and cleared up by a cabin rota. Provisions (very generous) were laid out for us to make our own lunches. There were two shower blocks with plenty of hot water. Taps in outdoor troughs provided cold water – and if you wanted to wash your face in hot water there was the kitchen. No privacy there though for putting on/taking off your make-up! The mirror was outside anyway. We swept out the cabins and dusted the mattresses before we left.

This was a really nice weekend for exercise, companionship, sharing and above all appreciating the spiritual peace, the ambiance and fine air of the mountains. Our thanks go to Laine Simpson and Cathy Lockerby for organising this trip.
Historic Roger’s Pass, A.O. Wheeler Hut, Aug 18 to 21, 2016
Susan Allen

The 2016 trip to the Historic Roger’s Pass was a terrific one. We had excellent weather the whole time and following our challenging daily hikes we were able to relax in the sun on the deck at the A.O. Wheeler Hut.

The Roger’s Pass, in addition to its historic roots, boasts stunning ridges and viewpoints that make its trails memorable. The mountains are steep with narrow valleys, so there are only a few easy hikes and a good number of difficult ones. Of note almost all trails had bear warnings and it was mandatory to hike in groups of at least 4 hikers.

We hiked a different trail each day, starting with the 1885 and Brook Loop Trails on our arrival. The 1885 Trail follows the original CPR track through the forest. It leads to the Loop Brook Trail, an interpretive trail, which features the stone pillars that once carried the railway across the valley. The trails were a great way warm up for the more ambitious hikes on the following days.

Friday we climbed Abbott Ridge, ably led by Peter Mitchell. It is a well-groomed trail that leads to true alpine tundra above the trees and ends on a narrow ridge. The trail is continuous uphill with a large elevation gain (1039 m). We had spectacular 360 degree views including the Illecillewaet Glacier, multiple peaks and deep valleys.

Saturday we split into two groups and hiked up the Asulkan Valley. It starts with a pleasant valley walk leading to a steep uphill climb after 4 km. Some of us stopped for lunch at the stream crossing that leads up to the Hut. Others crossed the stream and continued up a steep crest of glacial moraine to the hut. All of us had wonderful views of the lower tongue of the Illecillewaet Glacier and surrounding mountains.

On our final and travel day, a group of us hiked the shorter Great Glacier Trail. It followed a beautiful stream which originated at the Vaux Glacier. We continued uphill to the end of trail which featured views of the Vaux Glacier, Mt. Donald and Perley Rock.

Alas the wonderful weekend came to an end. There are still many great trails to explore on the next trip to Roger’s Pass.
EXECUTIVE NOMINEES AND APPOINTEES FOR 2017

Nominees for Executive Positions

Chairperson          Susan Allen *
Vice Chair           Vacant
Secretary            Gillian Quinn
Treasurer            Julia Tsang
Hike Planner         Karen Fisher
Social               Lois Hinz
Membership           Donna Hogan (appeals/renewals)
                     Dorothy Whitson (waitlist/new members)
Communications       Laine Simpson
Past Chair           Cathy Lockerby *

Non-Elected Positions

Photo Site           Giles Twogood
Statistician         Vacant
Web Master           Jim Baillies *

* Denotes new to role

Paradise Valley August 14, 2015 by Susan
# Table of Contents

## Revenue

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## Net income (deficit) for the period

(2,206.11)  
(812.00)

## Bank and Cash Balances as at September 30, 2016, and Statements of Income for 2016 Q3

**Revenue:**
- Membership fees
  - Single: $15.00 - 128 (118 - 2015) single members
  - Family: $20.00 - 66 (72 - 2015) family members
  - Associate: $10.00 - 1 (1 - 2015) member

**Expenses:**
- Printing and mailing costs of hike schedules, supporting
- Website development
- Website Hosting
- Website design changes
- Photo storage cost - Phanfare, Inc.
- Gift - Photo Contest
- Hall fees
- Meeting - Food, entertainment and permit
- Name tags
- Friends of Kananskis
- Ann and Sandy Cross Conservation
- Interpretive hikes fees
- Guided hikes fees
- Training session (workshop)
- Training session (workshop)

**20th Anniversary:**
- Hall fees, food and liquor
- Awards and presentations
- Activities during the hiking season
- The Alpine Club of Canada fees
- Outdoor Adventure Show
- Miscellaneous
- Bank service charges

**Net income (deficit) for the period:**
- Total Revenue: $5,305.00
- Total Expenses: $7,511.11
- Net income (deficit): $(2,206.11)

**Bank and Cash Balances:**
- Bank balance, beginning of the year: $3,932.41
- Cash balance, September 30, 2016: $1,775.12
- Bank balance, September 30, 2016: $4,382.41

**Outstanding:**
- 5 Outstanding Cheques: 673.82
- 2 Outstanding Deposits: (625.00)

**Total:**
- 48.82
### Prairie Mountaineer Hiking Club

#### 2016 Q3 Actual vs Budgeted Results

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**Net income (deficit) for the period**

| 2017 Net income              | 61.25       |            |                |             |
|------------------------------|            | (2,206.11) |                | (2,722.50)  |
PRAIRIE MOUNTAINEER HIKERS
AGM / POTLUCK DINNER
Friday, November 18, 2016, 6:30 PM
Southern Alberta Pioneers Memorial Building
3625-4th Street SW, Calgary T2S 1Y3
Dinner/Social: 6:30 to 7:30 PM
AGM starts at 7:30 PM

AGENDA

1. Call to Order
   Cathy Lockerby
2. Introduction of the Executive Committee
   Cathy Lockerby
3. Chairperson’s comments
   Cathy Lockerby
4. Welcome
   Cathy Lockerby
5. Minutes of Spring General Meeting 2016S
   a. Business arising from the minutes
5. Treasurer’s Report
   a. Approval 2016 Year End Financial Statement
   b. 2017 Proposed Budget
   Julia Tsang
7. Committee Reports
   a. Membership-Waitlist/New members
      Dorothy Whitson
   b. Membership-Renewal/Appeals
      Donna Hogan
   c. Hike Planning
      Karen Fisher
   d. Special Hikes -Waterton, Penticton, Jasper-Laine Simpson, Jean Poulin,
      Gillian Quinn
   e. ACC Huts
      Sonya Douglas
   f. Interpretive Hikes/2017 Calendar, Photo Contest
      Susan Allen
   g. Communications
      Laine Simpson
   h. Social Coordinator-Spring General Meeting
      Lois Hinz
   i. Webmaster
      Jim Baillies
   j. Photo Site-2017
      Giles Twogood
8. New Business
   a. Increase in Annual Membership Fees, 2018
      Cathy Lockerby
   b. Annual Membership Calendar for PMH Document
      Cathy Lockerby
   c. Replacement for Executive Committee positions
      Cindy Montgomery
9. Adjournment
   Cathy Lockerby
Annual Membership Calendar for Prairie Mountaineer Hikers

1. January
   - New Executive begins
   - Decision as to termination of members who failed to pay annual fees by December 31.
   - **Update of Membership directory**, to include- 1) Renewed membership units, 2) successful member units of Appeal process, 3) returning member units from the reinstatement waitlist (member units who have **completed their 1 year waiting period** for failure to meet the 5 minimum hike requirements the previous year, and 4) Successful new membership applicants (as openings become available).

2. February
   - Hike Planning Committee meets for strategic planning.

3. March
   - Spring Trail Talk posted.
   - Spring General Meeting.
   - March 31 ends the Shoulder Season (i.e. no registered hikes).

4. April
   - Registered hiking Season begins April 1st.

5. May
   - Calgary River and Pathways Cleanup.

6. June

7. July

8. August

9. September
   - September 1, **Opening for submission of Renewal application (including waiver and fee)** for members with 5 registered hikes
   - Fall Executive Meeting.

10. October
    - **October 31 deadline for ‘Completion of required 5 hikes’**.
    - October 31 end of official hiking season, begin shoulder season.
    - Fall Trail Talk posted.
    - Submission of Photos for Annual Photo Contest.

11. November
    - Annual General Meeting (renewals accepted, photo winners announced).
    - **November 30-Deadline for Submission of Renewal application**, waiver and fee.
    - November 30-Deadline for Submission of Appeals for failure to complete 5 hikes

12. December
    - Meeting of Appeal Subcommittee to determine Appeal outcomes.
    - Late renewal submission (with double membership fee) by **December 31**.
    - Executive year completed December 31.
LOOKING AHEAD - 2017

PRAIRIE MOUNTAINEER HIKERS AND “FESTIVAL DES VINS”

A hiking and wine experience in beautiful Penticton,
British Columbia May 5-9, 2017

Your coordinator team, Jean Poulin, Lorna Jurgens, and Jim Baillies are proposing a new experience for the PMH. We have reserved 30 spots at the Hostel in Penticton and have a group rate which means that the cost per person including taxes is $25.00 per night or $30.00 for members requiring a private room. We have begun working on a hiking schedule proposing hikes for all levels of difficulty and a list of wine activities in connection to the “Festival des Vins”.

Additional details will be presented on November 18 at the AGM and the event will be posted on the PMH website calendar for registration starting on November 19, 2016. Jean, Lorna, or Jim will be available at the AGM to answer any of your questions about this exciting hiking opportunity in the heart of B.C.’s Okanagan Valley.
JASPER IN JULY 2017

PMH has reserved 27 places at the Palisades Stewardship Education Centre in Jasper. Dates: Friday 28th July 2017 to Monday 31st July 2017 (3 nights)

Hiking will be at all three levels: easy, moderate and difficult. Hiking co-ordinators will be needed to lead hikes.

Shared Accommodation is in six bedrooms, all bedding included. Each room has an exterior entrance and a bathroom. The bedrooms consist of different size beds and one in each room is a bunk bed, so one person sleeps on the top bunk. Cost is $56.54 per person per night, including GST. (Three nights is $169.62).

All meals provided as follows:
- Dinner on Friday 28th July: $21.50
- Three meals on Saturday 29th July 2017: $51.65 Breakfast, bagged lunch and dinner
- Three meals on Sunday 30th July 2017: $51.65 Breakfast, bagged lunch and dinner
- Breakfast on Monday 31st July 2017: $12.65

Total: $137.45
GST: 6.87
Final Total for meals: $144.32

Bagged lunch on Monday will be an extra $17.50 plus GST.

Check out the website at www.parkscanada.gc.ca/jasper. Click on Learning Experiences, then click on Palisade Stewardship Education Centre.

PMH will not be participating in any Parks Canada programmes. Those are for school groups during the year.

For those PMH members wishing to camp in Jasper, you are welcome to join us for day hikes.

Total for accommodation and meals = $313.94
Deposit of 10% is required before 30th November 2016 = $31.39
Please make cheque payable to Gillian Quinn and mail to 12327 Lake Moraine Rise SE. Calgary T2J 2Z1 or eTransfer to quinng@telusplanet.net
Please note:
- If more than 27 people are interested, we shall take a waiting list.
- Final payment of $282.55 payable by 31st May 2017. Deposit can be refunded until 31st May 2017 only
- You are responsible for finding a replacement if unable to attend and no one is on the waiting list.
- I will be away until 6th November 2016 and will not be checking emails until 6th November 2016
- Payment may given to Gillian Quinn at the November 18th AGM

Organized by Gillian Quinn on behalf of PMH. quinng@telusplanet.net 403-271-1307 H
## 2016 Prairie Mountaineer Hikers Executive

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairperson</td>
<td>Cathy Lockerby</td>
<td>403 286-6900</td>
</tr>
<tr>
<td>Vice Chair</td>
<td>Susan Allen</td>
<td>403 453-8358</td>
</tr>
<tr>
<td>Secretary</td>
<td>Gillian Quinn</td>
<td>403 271-1307</td>
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<tr>
<td>Treasurer</td>
<td>Julia Tsang</td>
<td>403 803-6480</td>
</tr>
<tr>
<td>Membership</td>
<td>Donna Hogan (renewal/appeals)</td>
<td>403 461-8843</td>
</tr>
<tr>
<td></td>
<td>Dorothy Whitson (waitlist/new members)</td>
<td>403 244-3329</td>
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<tr>
<td>Hike Planner</td>
<td>Karen Fisher</td>
<td>403 240-0535</td>
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<tr>
<td>Communications</td>
<td>Laine Simpson</td>
<td>403 246-1041</td>
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<tr>
<td>Social Events</td>
<td>Lois Hinz</td>
<td>403 289-2160</td>
</tr>
<tr>
<td>Past Chair</td>
<td>Cindy Montgomery</td>
<td>403 254-9880</td>
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## 2016 Non-elected Positions

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<tr>
<td>Statistician</td>
<td>Helen Robertson</td>
<td>403 294-0647</td>
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<tr>
<td>Webmaster</td>
<td>Jim Baillies</td>
<td>403 244-4312</td>
</tr>
<tr>
<td>Photo Site</td>
<td>Giles Twogood</td>
<td>403 259-3516</td>
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</table>

## 2017 SPRING GENERAL MEETING

**Friday March 31, 2017 7:00 PM**

**LOCATION TO BE DETERMINED AND ADVISED**

Snacks, tea, coffee, juice will be provided before the meeting

Meeting will start at 7:30 PM

Bring your chequebook to pay for any interpretive hikes
and out-of-town get-aways
SUBCOMMITTEE PRAIRIE MOUNTAINEER HIKERS ‘CHECK-IN’ SUMMARY REPORT

October 3, 2016 – Submitted by Cathy Lockerby, Chairperson and Susan Allen, Vice-Chairperson

Introduction - At the March 2, 2016 Executive Committee meeting, the committee approved a motion to conduct an electronic survey to “Check-In” with the members as to how they would like to move forward as a hiking club, based on the format of Mayor Nenshi’s ‘City of Calgary’s 2016 Action plan ‘check-in’(i.e. what you love about PMH, what you don’t love about PMH, what you would like the executive to do more of, and what you would like the executive to do less of. At the April 15, 2016 Spring General Meeting, the members’ responses from the four survey questions were presented to the general membership, by way of four pie charts, collated by Jim Baillies, Web Researcher, as a snapshot of the survey.

Next Steps and Timelines - A motion was then passed to create a subcommittee to review the results in more detail and make recommendations. Volunteers were requested to serve on the subcommittee. On May 19th, following a month of review, a copy of the ‘Check-In’ Survey Summary Spreadsheet was sent to the Hike Planning Committee, as a guide for committee planning. Members’ responses were then further categorized under the PMH Values (found under ‘Member Guidelines’ document), to guide all PMH Committees in their decision making. A summary of the original members responses are found below.

Conclusion –As “the PMH values statements are meant to express the beliefs or philosophy of the club and as such provide guidance to all members as to what is important to their fellow members”(source-The Club’s Mission and Values Statement), therefore it is the conclusion of this subcommittee that:-The wishes of our current membership, as expressed in the responses to the ‘Check-In’ Survey, are in alignment with our club values and that these responses continue to provide guidance to the executive, as well as all members of the Prairie Mountaineer Hikers Club, as is so clearly reflected in our vision.

“*We believe that hiking is more than a physical experience, it refreshes the spirit*”.

Respectfully submitted,

Susan Allen, Vice-Chairperson   Cathy Lockerby, Chairperson
SUMMARY OF PMH “CHECK-IN” SURVEY RESPONSES
MARCH 2016

1. Value-Safety is key in everything we do; we emphasize taking individual and shared responsibility for safety;

Safety – Membership feedback emphasized the importance of this value including functioning as a group when hiking, with sufficient breaks to ensure adequate hydration and recuperation, as well as a pace that made sure the last hiker(s) is accommodated within the safety of the group.

2. Value-We strive to achieve a positive hiking experience for all members on each hike;

Positive Hiking Experience – This value received the most comments in the survey. Members appreciate the variety of hikes including city and mountain hikes; the range of hikes and variety of levels; the advance planning and organization; in addition to the mix of mid-week and weekend hikes. Some members indicated they would like more hike options such as new hikes rather than repeating hikes year after year. A number of respondents requested more challenging hikes. Also, there appears to be a divergence of opinion on taking time for pictures and/or hiking at a slow pace for moderate hikes rather than hiking steadily with few breaks. It was suggested that this could be clarified in the hike description that is posted.

Notes from survey questions
- Variety of hikes
- Hikes are planned
- City walks and mountain hikes
- Range of hikes and variety of levels
- Relaxed number of hiker on a hike
- Hikes well organized
- Likes hike descriptions
- Easy to sign up
- Mix of mid-week and weekend hikes

Would like more hike options
- Minimum number of hikes
- Hiking club vs city walks (not hiking)
- Overnight trips full before posted
- People cancelling at last minute
- Limits in number of hikers for easy or moderate hikes
- Oversubscribed hikes
- Repetition of hikes – need new hike leaders
- Taking pictures vs hiking

Would like more challenging hikes – a number of respondents
Short backpacking hiking trips
More intermediate hikes  
Urban evening hikes  
Intermediate hikes at slower pace  
Would like hike pace to be included in description

3. **Value**—We respect the environment and will minimize our impacts;  

**Respect for Environment** — While an important value that may be understood by most members, we received no feedback on this value in the survey. There appears to be a need to raise awareness of this value within the club.  

**Notes from survey questions**  
- None

4. **Value**—We care about our members, and strive to be a cohesive club where people feel they belong;  

**Cohesiveness of Club** — Membership feedback emphasized the importance of the value. There was appreciation of the friendliness, comraderie, commitment and inclusiveness of the people in our club. We must ensure this continues into the future.  

**Notes from survey questions**  
- Great people  
- Commitment and friendliness of members  
- Companionship  
- People, camaraderie  
- Inclusiveness  
- Ltd membership – quite intimate

5. **Value**—We value getting to know each other better and do this through such activities as weekends away, pot luck socials, and taking time for post hike refreshments;  

**Social Events** — This value is enhances the value of the club to members who for the most part enjoy après hike socials, and events at the canoe club.  

**Notes from survey questions**  
- Enjoys après hike socials i.e. ice cream cappuccino  
- Enjoy social events at canoe club  
- More social events so can get to know other members

6. **Value**—We are a club that knows how to celebrate; we take time to celebrate group and individual accomplishments;  

**Celebrations of Accomplishments** — Membership feedback indicated that more celebrations of accomplishments would be appreciated.
Notes from survey questions
- More celebrations such as scaled down versions of the 10 and 20 year anniversary get-togethers (but not so elaborate)

7. Value—We enjoy all aspects of the hike experience; it is not simply about getting to the top of the mountain;

Enjoying all aspects of hiking – Many members noted the importance of this value and stated that they found hiking a wonderful activity, enjoying the exercise, scenery and socializing with other club members. However several noted that it was difficult to enjoy a hike if the pace did not accommodate all hikers. Concern was expressed that some individuals were left behind by fast walkers and they not given sufficient breaks in order to catch their breath.

Notes from survey questions
- Hiking; Fun activity; outdoor activity and scenery; great group of people who enjoy outdoors; Multi day trips; Opportunity to be in great outdoors with people of like interests and values
- Issue of hiking behind a pack of speedsters; sometimes the group has racers and appreciation of setting falls short; fast walkers on easy hikes; members racing from a to b; too short lunch breaks and racing back to vehicle re evening commitment
- Give slower hikers a chance to catch their breath

8. Value—We value the health and fitness benefits of hiking;

Health and Fitness – The opportunity for health and fitness benefits is a significant value of our club. Members stated they were out to “move my body” on hikes and the club provided a great recreational experience.

Notes from survey questions
- out to move my body – choose hikes among keen and capable hikers
- + wonderful experience, great recreation

9. Value—The vitality and character of the Club stems from the collective talents and contribution of all members;

Talents and Contributions of Members – This value is critical to the functioning of our club and many members noted the commitment and friendliness of members and the generosity of service by executives. There is a great appreciation of hike leaders efforts and forward thinking executive members. Members also suggested encouraging newer members to co-lead and lead hikes which would result to a greater variety of experiences. Of note, membership feedback strongly acknowledges the important role volunteer leaders play in our club.

Notes from survey questions
- Need new hikes and hike leaders so have better variety of hikes; politics; continuing debate about ideal club size
• *more hike coordinators; encouraging newer members to lead hikes; co-lead with newbie; members attend the general meetings; expand to snowshoers?; younger hikers
• / suggest meetings on a weekend
• + executive keeps everything flowing smoothly and thanks
  • It would be good to have a few more hike coordinators. Maybe set up a buddy system where you develop hike coordinators, and/or encourage joint coordinators so potential coordinators feel like they could contribute.
• Good Club. No concerns or complaints
• I still enjoy being part of PMH and hope to continue as a member for many more years.
• I am very grateful for the club and all the folks that donate their time.
• As a relatively new member I have found being a Prairie Mountaineer an enjoyable experience thus far.
• Thank you to those who have assumed the responsibility and volunteered their time to keep the club vibrant.
• Kudos to the Executive and all the volunteers - they're what makes PMH special.
• I think the club has been evolving well and seems to be working on effective communication, newer ways of doing thing etc. Thank-you!
• nothing at this time - except I think it is amazing that the members of the club are willing to lead the hikes.
• It's a great group and I'm proud to be a member of this group!
• I really appreciate the hike leaders and the work they do to set up the hikes and keep everyone on the right path.
• Keep up the great work!
• Thank you to the executive for all their hard work!
• I am quite pleased with the club and appreciate those who are hike coordinators.
• Great work everyone... Thanks
• I enjoy the club very much
• forward thinking executive and welcoming membership

○ Wonderful experience

10. We believe that hiking is more than a physical experience; it refreshes the spirit.

Refreshing the Spirit – This statement reflects the overall values of the club. Members supported this value by comments throughout the survey. Refreshing the spirit occurs as a result of all the aspects of belonging to the PMH.

Note from survey questions

How the club looked into hiking as a refresher of the spirit
The Club’s Mission and Values Statement

The Mission statement expresses the fundamental purpose of the club – Why we exist and Who we wish to serve.

The Values statements are meant to express the beliefs or philosophy of the Club and as such provide guidance to all members as to what is important to their fellow members.

Our Mission

The Prairie Mountaineer Hiking Club provides opportunities for its members to share in the adventures and responsibilities of hiking. Our members are active hikers with a wide range of hiking abilities who are committed to the joy of hiking and the common goals of safety, friendship and the success of the Club.

Our Values

- Safety is key in everything we do; we emphasize taking individual and shared responsibility for safety;
- We strive to achieve a positive hiking experience for all members on every hike;
- We respect the environment and will minimize our impacts;
- We care about our members and strive to be a cohesive club where people feel they belong;
- We value getting to know each other better and do this through such activities as weekends away, pot luck socials and taking time for post hike refreshments;
- We are a club that knows how to celebrate; we take time to celebrate group and individual accomplishments;
- We enjoy all aspects of the hike experience; it is not simply about getting to the top of the mountain;
- We value the health and fitness benefits of hiking;
- We believe that the vitality and character of the Club stems from the collective talents and contribution of all members.

We believe that hiking is more than a physical experience, it refreshes the spirit.