

Bernie was a Rambler for 18 years during the period starting in 1995, becoming a Coordinator during part of that time.

Bernie

Written by Michael F. Fritz and Silvia B. González

It follows below the text of the Obituary written by Michael F. Fritz (older son of Bernie) in Memory and honour to his father. It was published by The Calgary Herald on Wednesday September 25th and Thursday September 26th, 2013.

Bernard Joseph Fritz

February 14, 1936 – September 21, 2003

Bernie passed away at the age of 77 years. He was husband to Silvia; father to Michael, Susan, and Robert; father-in-law to Angela, Jim, and Pat; and grandfather to Jacob, Katie, Sam, Alex, Keshia, and Athena. Bernie was fourth eldest in a large loving family. He will be remembered with love. A service to celebrate his life will be held at St. Mary's Cathedral, 219- 18 Avenue S.W., on Friday, September 27 at 11:00 a.m. Many thanks to the staff at Chinook Care Centre Hospice. Carpe Diem.

Bernie J. Fritz

February 14th, 1936 – September 21st, 2013

Just shy of 78 years

Bernie was born in Chepstow, Ontario; the son of Margaret and Ambrose. Brother to Agnes, Helen, Mary, Bill, John, Rob, Tom, Carl, Jerry, Joe, Doris, Patrick, Dave, and Fred.

Thank you for being here today.

Our dad was hard worker; a gifted athlete; a skilled mountain climber; a lifelong student who loved to learn; a story teller; a humble, thankful and good man with integrity; a person capable of living in the moment; a human being capable of mistakes; and, in his last few years very aware of his shortcomings; a man of faith; a proud father and a proud grandfather.

Thank you Silvia for looking after, caring for and comforting our dad in his last days. He was very proud of you.

Thank you Jim McNeil for all the visits, appointments and for always respecting Bernie; always never judging. Thanks Jimmy!

Papa Lacey thanks for giving us a great mom. To my Mom – thanks for giving so much. Bernie told me he was sorry he only saw her goodness too late to do things differently.

Bernie J. Fritz loved many things- he loved baseball; he loved travelling; he loved the mountains and the awesome beauty of Nature; he loved ice-cream, strawberries, lemon meringue pie; apple pie, mousse and muffins, and so many other desserts; he loved orange crush; he also loved adventure movies like The Good, The Bad, and the Ugly, The Great Escape, and the Untouchables; he loved playing games, especially wild rummy with family and uncle Jerry; he loved his grandchildren and took immense pride in them.

You know Bernie loved hiking and scrambling; here is a short tale of two mountain climbers monks – Two monks were mountain climbing in Tibet: A young, rather new monk, and an older wiser monk. They arrived at the summit; the younger monk looked around somewhat anxiously, as if expecting something; the older monk, as if reading his mind, said, “This is it. There is nothing more. We have arrived. Enjoy this moment.”

Our dad was always working on enjoying the moment. As he came to the end of his life he seemed much more settled and comfortable in the moments.

In the last part of his life, Bernie said that some people don’t have the luxury of knowing when they are going to die. Some people go just like that (tried to snap his fingers; he was too weak; couldn’t do it). Bernie was grateful that he got to say his goodbyes, tell people what they meant to him and to prepare for his death.

Bernie’s ashes will be scattered by his family and friends by the slopes of Yamnuska (Yamnuska means “wall of stone”. It is one of the first mountains just off Hwy #1 near Canmore).

Bernie’s last wishes to his grandchildren were that he wanted them to remember him as a “Good” Man. I am sure that they will do so.

They will remember you, dad, as a good man.

For Bernie we will not remember him by his faults and shortcomings. We will remember him by his strengths, and the times we spent laughing with him, or even at him. Remember the positives.

For Rob, Sue, and I...Car rides on afternoons to the Buffalo Zoo or Niagara Falls; times feasting and celebrating special events; the stories, like the tales of the “Titanic” just before heading out on the ferry boat; the trips with no particular

destination, that ended up at the dump, with a burning mattress stuck and dragging under our car; the trips to Papa and Gramma's house; the singing in the morning songs like the "Red River Valley" and Jim Reeves – "Put your sweet lips a little closer to the phone".

Yes, remember the good times.

Thank you for being here today.

Remember these good times- learn from the not so good. Bernie told me that if he would spend all of his time looking at the past, it would drive him crazy. This is a good lesson for all of us. He was seeking peace of mind and spirit throughout much of his life. Suffice to say he was at times a tormented soul.

Rob, Sue, and I are so glad we got to spend time with our dad these last few weeks. We believe he was indeed finding the peace that eluded him his whole life.

To conclude-

On a recent trip to the Elbow Falls Bernie was watching the river from his wheel chair; a group of sight seers came to the same spot; a lady said, "This area used to be so beautiful"; Bernie, not missing a bit, piped up and quickly said, "It will be again – it will be again"; and he smiled – a content smile. He said, "that is Nature way".

This too, is Nature's way.

I am sure our dad is finally at peace. Thank you again for being here today.

Michael F. Fritz – Older son of Bernie.

Speech given during the Memorial Mass offered to celebrate Bernie's Life at St. Mary's Cathedral on Friday, September 27th, 2013.

Text transcribed by Silvia B. González from a hand-written original.

Bernie

Written by Silvia B. González

Bernie was a good man; a strong man in body and spirit; a generous man. In July 1998 Bernie gave me a beautiful gift – a ticket for a Remax Hot Air Balloon trip; it was amazing to see from the heights the city of Calgary and the rural areas of Springbanks; it was an unforgettable experience. In last September 21st, when Bernie passed away, a handful of hot air balloons were dotting the far Southeast skies; I thought to myself they could be Remax Balloons flying in Bernie's honour for his fructiferous more than 25 years Bernie worked in Real Estate.

Bernie was a first class business man. Not only in Real Estate, but also in Property Management. He was a fast and avid reader; among many other subjects Bernie loved books on espionage, mountaineer, and also on bridge designs and construction; he told me he would have liked to become an Engineer; Bernie was very proud of his grandchildren Alex and Sam presently both enrolled in the Faculty of Engineering at the University of Calgary. Not only Bernie was very proud of his grandchildren – but also his grandchildren are very proud of him. Sometime in year 2011, Bernie’s oldest grandchild – Alex, wrote a passage on his view about his own personal and intellectual development. From it I have made the selection that follows pertaining specifically to Bernie:

“Also from the start, was my grandfather on my father’s side. He is and always will be a passionate mountain climber whom I look up to. I consider him to be one of the role models who influenced my development”.

“Role models play a crucial part in the development of any person. One of my role models, as I mentioned, my paternal grandfather, is someone who I strive to be like. In his spare time, he was a man who fell in love with the mountains. At the peak of his endeavors at the ripe old age of 69 he faced the summit of Mt. McKinley, the highest peak in North America. Sadly, he now faces an uphill battle against a heart condition which has challenged his passion. He still walks and works out, but is no longer able to conquer the summits. I admire him for this incredible and enduring vocation. He found something that he loved, stuck with, and despite impediments, still challenges himself to this day. I know that if his heart condition would have never arisen as a threat, he would still be conquering many mountains. I am proud to say that this influence has had a great impact on my development. He has taught me not only that I can find happiness in the simplest of things, but that to strive for something without faltering in the face of adversity is worthy of admiration.” Yes, it really is.

Bernie was an intrinsically fit man; and he loved to teach; here is a brief anecdote: going down the trails is always more difficult than going up. In one of the earlier times Bernie and I went up to the Tea House of Lady Macdonald (in Canmore) Bernie taught me how to balance and positioned the feet and the rest of the body; the technique consisted in running down the trail at a relatively low speed, while taking advantage of the inertia and synergy of the movements. Bernie learnt this technique from his friends Guss and Theresa, formerly members of the Ramblers. While Bernie and I were going down the trails, to encourage me, he was saying “flying like a butterfly and stinging like a bee...”

Bernie taught me how to read the landscape, and also how to read the skies. In 1998, while coming down the Abbott Pass scree slope, Bernie saved me from a large rock was flying down from above; a word just on time; it was close, but I

am still here. Also in 1998 Bernie taught me how to camp (I was a complete novice). Since then, Bernie and I had done multiday hiking/climbing/camping trips in beautiful areas such as – in the Backcountry - Berg Lake by Mount Robson (1998), Little Yoho(1999 & 2002), and Lake Magog (2002, in Mount Assiniboine Provincial Park); also Bernie and I camped in not so remote areas like Kicking Horse, Wilcox Pass (in the Icefields), Lake Louise campground, Wabasso campground (near Jasper), Pine Lake, and Waterton Townsite. Through Bernie's initiatives and sponsorship we have got the experience of staying in Huts of the Alpine Club of Canada and also of International Hostels (HI) ; we have been in the Elizabeth Parker Hut (1998 & 2006), the Abbott Pass Hut (1998 & 2003), the Bow Hut (2006), the Wheeler Hut (2002 & 2005), the Bell Cabin (2001) and the Main Club House of the ACC in Canmore (1998 & 2007) and the HI Lake Louise Hostel (2007 & 2008). Bernie was a long-time member of the Alpine Club of Canada. In each of the camping and/or huts/hostels experiences we made hikes around and beyond the area, some quite long – for example, the Asulkan Cabin hike we made from the Wheeler Hut in July 2002, others shorter, such as the trails around the Bell cabin. An example of a long, strenuous, and scenic hike was the one Bernie and I made in the area of Lake O'Hara from the Elizabeth Parker ACC Hut in September 1998. The scenery was spectacular ascending from Lakes Oesa and Opabin, the scree slope of the Abbott Pass to finely reach the ACC Abbot Pass Hut. It was in this opportunity Bernie and I had the pleasure of meeting with Chic Scott – Mountaineer and Author.

The Alpine Club of Canada Calgary Section meets monthly at the Bow Waters Canoe Club nearby from our house. Bernie and I have attended and enjoyed some of their slide programs and social events.

Bernie took courses of mountaineer at the Yamnuska School of Mountaineer in Canmore. In January 2006 in the area of Chester Lake trailhead, Bernie taught cravace rescue and other mountaineer skills to a group of ramblers friends (Cornelis and his son Danker, and John). They practiced such skills on the glaciers surround the Bow Hut in February 2006.

Bernie was a very fast learner and learnt how to use GPS and electronic devices used in avalanche terrain.

Bernie loved to take risks; he was an intrepid man. Besides climbing Mount Assiniboine, Mount Victoria, and part of Denali (Mount Mckinley)- his greater mountaineer accomplishments- Bernie enjoyed climbing and hiking in narrow ridges, such as the ridge beyond the Tea House of Lady Macdonald (2005) and the narrow ridges found prior to the top of East Rundle (2003). Bernie also

enjoyed hiking down very steep drop-offs like the first portion of the trail leads to Peyto Lake and the ACC Peyto Hut (Thanksgiving 2004).

Bernie had an amazing endurance. One of the times we went to Waterton (September 2007) we took a boat and hiked the trail of Crypt Lake; it is a very long hike, and the boat gave us relatively little time to make it back; after two days hiking to other destinations Bernie was still “flying like a butterfly”. We couldn’t actually make it to the lake. Bernie went up the metal stairs and father all along the rock tunnel; I made it to the base of the stairs; even though we couldn’t get to the actual destination it was a beautiful hike (we didn’t miss the boat).

Bernie loved to sing. Singing is a way of empowerment. In many of the hikes we made by ourselves we were singing a song he taught me; this is, “99 bottles of beer on the wall, there is only 99 bottles of beer; if only one bottle should happened to fall, there would be only 98 bottles of beer; “98 bottles of beer on the wall, there is only 98 bottles of beer; if only one bottle should happened to fall, there would be only 97 bottles of beer”; and so on. This singing would either scare the bears away or at least make them aware of our presence (luckily we never encounter one).

Bernie loved so many things, though his greatest passion was the mountains – specially climbing them to their summits and walking on their glaciers. It was on Tuesday August 14th 2001 that Bernie brought to reality a long-time dream; he got to the summit of Mount Assiniboine. In this occasion he was with a party of six from the Edmonton Section of the Alpine Club of Canada. Mount Assiniboine is located on the Continental Divide in Mount Assiniboine Provincial Park, about 26 km west of the Mount Shark parking lot; it is situated at about 25 miles South West of the Banff town site. Because of it’s pyramidal shape it is called the Matterhorn of the Rockies after the famous Matterhorn Mountain located in Europe. It stands 11,884 feet high (3,618 m), and is the sixth highest mountain in the Canadian Rockies. Bernie’s ascent of Mount Assiniboine was a marvelous adventure; I have seen it not only by his verbal narratives, but also by his writings. Bernie was also an excellent writer. One day of late Fall 2001 Bernie come home from work and sat at the computer; we were living on the 8th Floor of the Elbow Tower then; he would seem to have been touched by a fairy of inspirations; in a short while and practically in one sit he had finished the story – clear, straight forward, nicely descriptive, flowing so it seemed I was also there. I treasured it. Bernie was so proud of his accomplishment to summit Assiniboine. Bernie summited many other mountains including Mount Victoria, Mount Athabasca, Mount Joffre, Mount Sir Douglas, The President, The Vice-President;

the Middle Sister, the Big Sister, Mount Hector and Mount Whyte. With fellows of the Alpine Club of Canada Bernie had walked on the glaciers of the Icefields and climbed several mountains around them; In 2005 & 2006 Bernie also climbed part of Mt. McKinley (Denali) – the highest peak in North America. Yes, Mountaineering was his greatest passion – indeed.

Bernie met the Rocky Mountain Ramblers Association in middle ninetieth. He worked diligently to get and to maintain the level of fitness the outdoor activities entailed. He used to attend most of the Ramblers Wednesday meetings at the Rosemont Community Hall in the Confederation Park. This is the place where Bernie and I first met on a Wednesday of July 1997. Since then, I have learnt so many things during the 17 years we have been together. And not only about outdoor activities, but about life in general, and ours, in particular. While going through difficult sections of hikes or scrambles Bernie always encouraged me and was showing me the path – step by step. I quickly learnt how to read his eyes. Fellow Ramblers think highly of Bernie and regarded him with respect. They have said to me that as soon as he came into the association he became an active force and gave them all a good example. The Ramblers – they all miss Bernie. In late ninetieth Bernie became a Ramblers Trip Coordinator. He was responsible and conscientious. Way before the trips he led he got well informed of the terrain and weather; he studied the maps and passages of books, as well as searched current information on the Internet. He was kind, watchful, and considered during the trips. The first trip he coordinated was Fairmont Mountain in Lake Louise area; he prepared a sketch map for all the participants. In early 2000 Bernie became also a Mentor with the Ramblers to coach Coordinators applicants. In July 2002 Bernie was the Custodian of the Wheeler Hut of the Alpine Club of Canada during a wonderful hiking trip we made, and so he was the Custodian in the ACC Abbott Pass Hut during another wonderful trip we made in August 2003; it was in this occasion Bernie and a group of fellow climbers summit Mount Victoria. Since Bernie was the Custodian, we got a special suite in the hut – such a luxury! In addition to climbing challenging mountains Bernie specially loved hiking, scrambling, and snowshoeing. Bernie and I have participated in many Ramblers trips and also made many private trips- by ourselves or in small groups. We hiked many places in the Foothills, Front Ranges, Kananaskis and Canmore areas, the Rocky Mountains, the Icefields, the areas of Golden and Jasper and the surroundings of Fernie and Waterton.

Bernie really opened up for me the marvelous and unfolding world of the outdoors and also that of fitness and workout; we used to workout together at the former Lindsay Park, as well as going up and down the stairs and the trails in Crescent Heights. Since early October 1997 – our first hike together to the

summit of Yamnuska we have done many trips; we have gone hiking, snowshoeing, scrambling, backpacking in the Back Country, car-camping, cross-country skiing, ice-climbing, and rock climbing, and had made picnics by beautiful creeks and rivers; as well, we had built quinzhees and snow walls. In the indoors, Bernie liked curling which he practiced at the the Curling Club of Calgary in Crescent Heights and also wall climbing at the University of Calgary. We have day-hiked to the top of Heart Mountain, Heart Creek, Lady Macdonald, Grotto Mountain, East Rundle, Chinamons Peak, Prairie Mountain, Powder Face Ridge, Prairie Link Trail, Elbow River banks Trail, Nihahi Ridge, Grassy Pass, Cox Hill, Barriers Lake Lookout, Baldy Pass, Ribbon Creek, Galatea Lakes, Indifatigable, Chester Lake, the Elephant Rocks, the Sawmill, Rummel Lake, Glacier Lake, Cory Pass, Lake Minnewanka, the Big Beehive, the Little Beehive, Mud Lake, Lake Agnes, the Plain of the Six Glaciers, the Valley of the Ten Peaks, Skoki Lodge, Jumpingpound Creek, Parker Ridge, Boom Lake, Stanley Glacier, Upper and Lower Kananaskis Lakes shoreline Trails, Middle Lake and other easy trails of the Bow River Provincial Park, Johnston Canyon and the Ink Pots, Johnson Lake, Rosen Lake, Bow Falls, Iceline Trail, Pipestone Trail, Sherbrook Lake, Paget Lookout, the Commonwealth Trail, Emerald Lake shore, and also on the lake with snowshoes, the gravel road to Lake O'Hara (in the summer and in winter), the surroundings of Field, Wonder Pass, Memorial Lakes, Cascade Amphitheatre, Consolation Lakes, Porcupine Creek, Moose Mountain, Yamnuska Meadows— and many more. Oh!... so many beautiful memories...

Bernie had an incredible resilience. In the long weekend of August 2006 Bernie and I and a small group of Ramblers friends made a Bed & Breakfast trip to Fernie; the place, the people, and the area were beautiful; we stayed 4 days. Unfortunately, Bernie took a fall in the first of them; it was inexplicable to me; I was just beside him while going down a ridge. I helped him out. He recovered almost immediately, and the following day he was again on the trails. We had the pleasure of sharing this outing with Dell Lavalee in her 82's!

Bernie was an excellent driver. In our first Holiday Season together (1997-1998), Bernie and I made a trip to Canmore; we drove in the middle of a blizzard; the weather did not stop us. We stayed at a Bed & Breakfast – the Assiniboine Lodge – a beautiful setting; the ceiling of our bedroom seemed to be a sky with tiny little stars on it – such a romantic experience!

Bernie loved celebrations. I have had the privilege and pleasure to celebrate Bernie's birthdates. In February 2001 we gathered at the former Highlander's Pub with friends from the Ramblers and the ACC. There were hugs and kisses, cards, stories –Oh ... so many stories, birthdate songs and candles, photographs,

lots of laughing, beer and a “just on time” delicious chocolate cake (it was still warm) The “mountain gang” of about 20 loved it. We all had a great time. “Old Herb” and Helmut delighted us with their tales.

In 2003 and 2004 a small group of close friends Ramblers and Alpines celebrated Bernie’s Birthdate with us at our house of West Dover (this time I made the chocolate cake with an icing done with home made caramel from Eagle Brand condensed milk – such a treat!).

In 2006 come the biggest event – Bernie’s 70th Birthdate. This celebration was held at the Victoria Room of Molly Malone’s Irish Pub, in Kensington- NW Calgary. This time, we had a larger gang attending – about 40, mostly Ramblers and ACC friends, Bernie’s family from Calgary, and a colleague from Bernie’s Real Estate field – the former David Langdom. I brought my camera and took many photos. Our friend Cornelis was another “Official Photographer” just in case my camera were to fail; likely they both worked. We had such a fantastic time. Bernie brought along a binder with photos on his 2005 trip to Denali (Mount McKinley) in Alaska; Bernie was so proud o himself for having undertaken such a trip. The cakes (two of them) were a success.

Bernie also enjoyed his birthdate celebrations of his 72’ and 77’; In 2008 a small group of close ramblers friends gathered at the Keg in Marlborough and after it we gathered at our place for a delicious chocolate cake. Earlier this year in February 2013, also a small group of friends gathered at Boston Pizza by Franklin Station; everybody had a good time.

During all celebrations we shared Bernie was so grateful and happy.

Bernie was a good dancer; Bernie and I “shinned the floors” of the German Club of Calgary for Oktober Fest celebrations and those of the Calgary Winter Club for the Annual Dinner and Dance – the main yearly Social of the Ramblers. Bernie liked beer – Big Rock Warthog and also the dark Guinness (Bernie told me his father Ambrose loved the dark Indian Pale; we have not find it in Calgary).

Bernie and I have tried not to miss any Rambler’s Socials such as the Christmas and Valentine’s potlucks at the Rosemont or indeed not to miss the pancakes with rubbard and strawberry sauces of the Stampede Breakfast celebrations lately held at a Community Centre of the Southeast.

Bernie had a “sweet tooth”; he really loved the apple pies and bran muffins I used to bake every week for him; he also loved the peach mousse (it was one of my specialties).

Bernie also loved SNERT (Dutch pea soup); Our friend Cornelis introduced it to us in March 2007 the day he called the Ramblers trip Quinhzees and SNERT; after building the quinhzee and snow walls Bernie and I, Cornelis and his children Danker and Adriana comforted ourselves with a scalding hot delicious SNERT

was made by Cornelis's wife Eveline. We got the recipe from Cornelis; I made it several times in a very large pot. A few Ramblers tasted and enjoyed it in our place in cold evenings of late fall.

Bernie has always supported me in everything. He did facilitate and contribute to the trips I made to my native country – Argentina in August 2000 and in the fall 2004.

Bernie also facilitated and supported trips I made to Prince George (December 2003), Edmonton (December 2003 & August 2006), Vancouver and Victoria (October 2006). I will always be thankful to him. Also, Bernie have supported me with my hobby of photography; in August 2006, Bernie gifted me with a very sophisticated photo-camera (I have thousands of photos!)

Bernie was also a fine Carpenter; he loved this hobby; he had lots of tools; he gave me a bookcase made by his capable hands; it is in our bedroom holding among others our most treasured books on the forests and the mountains. He also built a deck in two of his former houses in the Northeast.

Bernie enjoyed taking me out for dinner, specially in the last years he could not hike in the mountains. Bernie and I's favorite restaurants were Boston Pizza by Franklin Station, Joe's Fish & Chips and Phil's close to Banff Trail Station, the Peking House of Bonavista area, and Wellington's of the southwest. Last year for my 57th birthdate in June 2012, Bernie gifted me with a drive to Canmore and dinner at the Iron Goat – a very fine restaurant. We had a great time.

Bernie was a very well organized individual and also a planner; not only in his work but also in his recreation. He set goals and objectives, and took pride of them, and of his achievements. A goal- minded individual. Bernie was also a dreamer – a realistic one. At the end of his writing about his climbing of Mount Assiniboine Bernie wrote:

“It was a wonderful trip and a great adventure. It is a beautiful mountain. It had been my own personal goal to summit Assiniboine for several years. Every time I was on a lesser summit with a view of Assiniboine towering above every mountain, I dreamt of the day I would get my chance” – And indeed Bernie got his chance and he was successful.

For Bernie, the achievement of one goal was used as a platform which further propelled him for the achievement of other new goals. Bernie used photographs as one source of inspiration; he had at sight the picture of Mount Assiniboine for a number of years. In the last paragraph of Bernie's writing about his climb of Assiniboine Bernie wrote:

“I have a picture of Mount Assiniboine on my living room wall where it has been for four years. Now I have pictures of other mountains and other goals. I pray that God will continue to bless me with strength and good health”.

Bernie had the ability and capability to accept and adapt to changing circumstances. He sadly accepted turning around before, or just about reaching our destinations. In September 2009 we drove through the Icefields Parkway and stayed at the Sunwapta Falls Motel; the day after our drive Bernie made a great effort and we hiked just below the summit of Parker Ridge. In early spring 2010 we walked the walkways of Loretta Ponds. Also, from late summer 2010 to middle fall 2011 Bernie and I made several car-sightseeing trips and short hikes. We have been to Black Diamond, Kananaskis and Barrier Lake, Prairie Creek Trail, Little Elbow, Yamnuska Meadows, Chinamons Peak Trail, Cochrane, Nanton, Strathmore via Hwy #1, Highline Trail (Canmore), Many Springs & Whitefish Trails (Bow Valley Provincial Park area), and Elbow Falls. In April 2011 Bernie also made a great effort and we snowshoed part of the way to Chester Lake. In September 2011 we hiked just a bit of the Ribbon Creek trail. It is remarkable Bernie was still working out in treadmills of Sport Centers in the winter 2010/2011. Yes, Bernie was a persistent man, and he was proud of it. In 2012, Bernie and I went car-sightseeing to the mountains closest to Calgary. Also in 2012 – in Calgary - we have walked the trails of the Max-Bell Arena area and those of Crescent Heights. About one month before passing away in middle August, the older of Bernie’s sons – Michael – drove us to the Elbow Falls. Bernie was in his wheel chair. He enjoyed the views of the river, the falls, and the mountains. Sadly, this was the last time Bernie saw the mountains.

Unfortunately, in recent times (August 2013), Bernie’s health sharply and significantly worsen. Bernie’s conditions became too difficult to manage them at home. Bernie was admitted to the Chinook Centre Care Hospice on September 4th 2013. He was there until his passing on Saturday September 21st 2013. During this time (18 days), I went to visit him everyday and I stayed many hours with him (I did not stay overnight). I thank the staff and members of the Chinook Hospice for always treating Bernie with respect, kindness and affection. During Bernie’s staying in the hospice his children visited him very often. I thank them. Also members of the Ramblers had the opportunity to visit Bernie at the hospice. It was comforting that friends of ours come to see us and encourage us. Again, thank you. Bernie adapted to the Hospice well; in the first week of staying he was feeling relatively good; his son-in-law – Jim come to visit him and took him in his wheel chair to one of the gardens of the hospice; it was a warm and sunny beautiful day of September; birds and flowers were surrounded

us. We really enjoyed it. Following this day Bernie's conditions progressively worsen until his end. On September 21st, when Bernie passed away, I had the opportunity to see him in two occasions – at the hospice and at the Pierson's Funeral Home. His face was peaceful and beautiful. Now, he is gone but he will never be forgotten. Bernie and I had the fortune to be together until the very last day.

It was offered a Memorial Mass to celebrate Bernie's life. It was held at St. Mary's Cathedral on Friday September 27th, 2013. This celebration was rewarding. It was well attended with brothers, sisters and in-law's of Bernie's family from Ontario, Red Deer and Calgary, as well as friends from the Ramblers and the Alpine Club of Canada. All Bernie's grandchildren – Alex, Sam, Jacob, and Katie contributed to this celebration with Readings, music, and songs. Katie played the piano – a beautiful song "Be Not Afraid" was sang by Amanda and Jesse. Jacob carried a cross to the altar. Michael and I also contributed to this Mass with our writings and readings.

Bernie's remains were brought into ashes, as it was his wish. On Sunday October 6th, family from Red Deer & Calgary, and a few friends from the Ramblers gathered at the Yamnuska parking lot and walked the gravel road passing the trailhead of Yamnuska. We continued walking on the gravel road until we reached a large meadow on the right hand side of the road. On it, we walked on a faint trail run across the meadow until we reached a mixed forest site. There were coniferous trees and hardwoods of white bark surrounded by herbaceous vegetation and dead wood. This was the site of our choice. There were words pronounced in the honour of Bernie by his sons and by me. Robert and Michael scattered Bernie's ashes. It was also Bernie's wish. Now, Bernie is finally at rest. Yamnuska was a dear destination for Bernie. Not only because its summit was the first one we reached together in 1997, but also, in the summer 2003, Yamnuska was a trip Bernie made with his beloved children – Michael, Susan, and Robert.

Shall the ashes of Bernie turn into growth and expand, and lovingly bloom and fructify in those Bernie has loved.

Bernie, I thank you so much for all you have given me.

Since I met you I have felt beloved and protected.

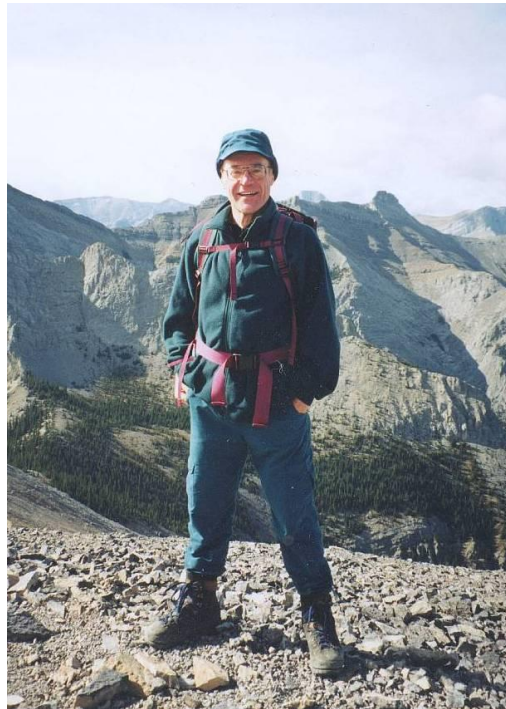
I miss you immensely. I will love you as long as I live.

Bernie, please forgive me if there was something I could have done differently and I haven't done it.

Silvia.



Yamnuska-July 2009



On top of Yamnuska – Early Oct. 1997



Yamnuska area vegetation July 2009..... Wild rose and horsetail



Elbow Falls, Aug 2013: with Sylvia.....with eldest son Michael



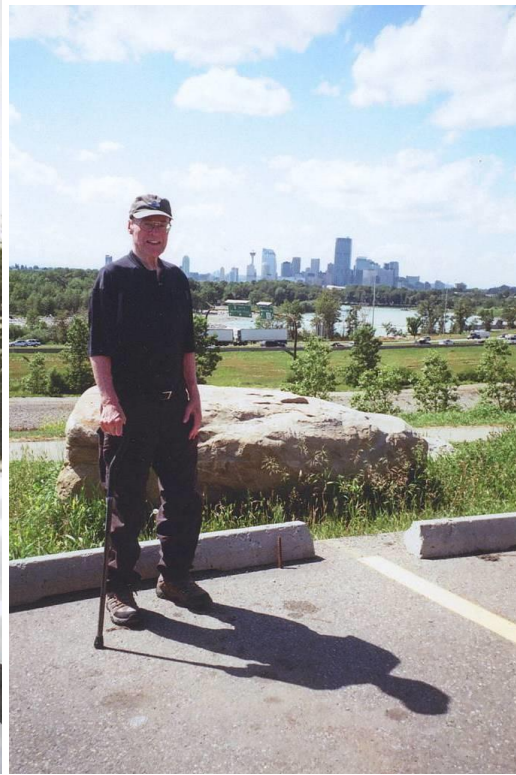
Bernie & Sylvia: Chester Lake, Jan/1999



Evan Thomas Creek in Spring 2009



Chester Lake trail, April 2009



Max Bell Arena area – Spring 2012



Icefields circa late summer 1997



Wapta Icefields – September 1997



Near Abbott Pass hut – September 1998



Ramblers Stampede Breakfast 2009



Near Max Bell Arena – Spring 2012



Crescent Heights – Spring 2012



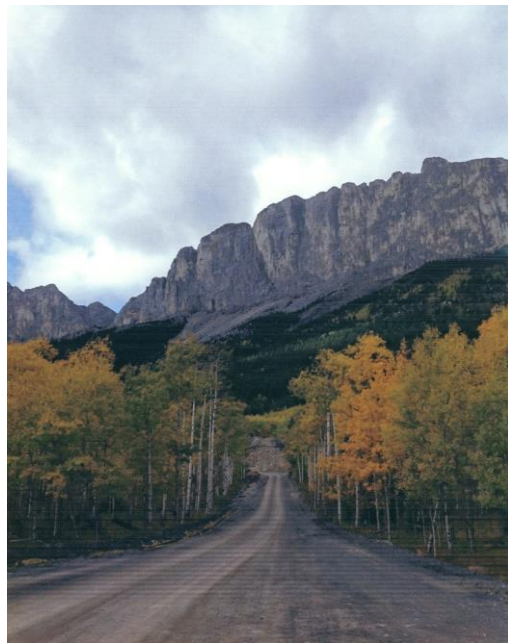
Mt. Assiniboine summit – Aug.14/2001



Max Bell Arena trails Spring 2012



With Sylvia: Stewart Canyon 2005



Yamnuska road, Sunday Oct.6, 2013