



**HAPPY 30<sup>th</sup> ANNIVERSARY**

**THE  
PACK RAT**

THE PACK RAT  
NEWSLETTER OF THE  
ROCKY MOUNTAIN RAMBLERS ASSOCIATION

The objectives of the Rocky Mountain Ramblers Association are:

"To protect the interests of Ramblers and to maintain their rights and privileges; to foster a greater love and knowledge of the countryside; to assist in the preservation of countryside amenities; to function as a bureau of information; to facilitate public access to the mountains and woodlands; to organize social functions for the members."

The Ramblers meet every Wednesday evening at 8:15 p.m. in the Rosemont Community Hall, 2807 - 10th Street, N.W., Calgary, Alberta. Here, they organize hikes, backpacking, canoe trips, etc., in summer; and ski and snowshoe trips, etc., in winter. There are programs on two of every three Wednesdays and social functions are held throughout the year.

Mailing address: P.O. Box 3098, Station B, Calgary, Alberta T2M 4L6

For further information, telephone 282-1330 (Bob Baxter of Bob's Bookstore). Hours: Monday to Saturday 10:00 to 12:00 and 1:00 to 5:00; or any of the following in the evenings:

1983-84 EXECUTIVE (October 1, 1983 to September 30, 1984)

PRESIDENT	Jim Bruce	288-5578
VICE-PRESIDENT	Dave Gregg	243-0195
SECRETARY	Susan MacMillan	<del>284-9469</del> 283-0203
TREASURER	Alastair Desmoulins	230-5255
TRIPS CHAIRMAN	Angus Henley	281-3843
PROGRAMS	Siobhan Fitzmaurice	283-9260
SOCIAL	Paul van Leeuwen	285-1632
PACK RAT EDITOR	Wilf Twelker	255-5852
<del>CO EDITOR</del>	<del>Fritz Hansen</del>	<del>281-3067</del>
EQUIPMENT	Dick Lowndes	272-2419

The Pack Rat is published six times a year, with the aim to keep members informed about club activities, and matters of interest and concern to the Association. So keep those trip reports and other interesting articles, memos, etc., coming . . . they are the lifeblood of this newsletter.

PRESIDENT'S RAMBLINGS

A happy Thirtieth Birthday to all Rocky Mountain Ramblers!

I would love to know how many miles the club has logged up in the last thirty years. I am also looking forward to our club book which hopefully, with the membership's permission, will go to print in a matter of weeks. The date has now been decided for our anniversary dinner and dance, it will be held at the RANCHER'S HALL in Heritage Park on the 4th of May. The room holds a maximum of seventy people so you would be well advised to pick up your tickets early.

I'm still up in the clouds from my week in Assiniboine. The more I talk to people the more I realize how lucky we really were with the weather. We were able to ski every day and the one overcast day was a valley bottom trip anyway, that may have spoiled the view but not the skiing. To the ones who poo poo helicopters I can only say that it sure beats the two-day ski trip in when you only have a week.

So I think I'll end my ski season on a high note, hang up the skis and put away the klister waxes that were only used a couple of times this year.

I still have several peaks to do in the Canmore Corridor, and the fact that they have been clear of snow for several weeks will ease this transitional period from winter to hopefully what is going to be a good summer. Anyhow, it is high time I tried out my new Isba boots, compliments of Mr. Jean Glut (French Trade Commissioner's Office). They look interesting.

I trust everyone has big plans for the summer. What are you going to do for an extra special trip this year, the fact that it is our thirtieth birthday? Pick one that isn't in our log book.

Happy trails !

Jim Bruce



30TH ANNIVERSARY DINNER-DANCE

As Jim mentioned in his "ramblings" we will celebrate our 30th anniversary with a dinner-dance at the Rancher's Hall in Heritage Park on Friday, the 4th of May.

The bar will open at . . . . . 7:00p.m.

Dinner will be at . . . . . 7:30p.m.  
(Breast of Chicken, Cordon Bleu)

The Dance will start at . . . . . 9:00p.m.

Drinks:

Hard Liquor . . . . . \$ 2.25  
Beer or Wine . . . . . \$ 2.00

Tickets, the main item . . . . . \$19.00/person

The Rancher's Hall, our place, holds 70 people, so get your tickets early!

See you there!

E A T I N G

Rambler Weekend Deluxe

One fine weekend in February, Jim and Betty Cox invited the Ramblers for a weekend at their Canmore abode. Most of us spent the Saturday skiing. It was one of those spring-like days, requiring the use of red wax, klister or, better yet, climbing skins, to make skiing possible, at all.

A dozen of us arrived at our hosts' for the cocktail hour, and were we ever treated royally! Quite a few of us enjoyed our drinks while soaking in the Jacuzzi. Fully recuperated from the ordeals of the trail, we did justice to a delicious turkey dinner, with all the trimmings. Well-behaved Ramblers, as we all are, we went to bed at a very reasonable hour, to wake up in the morning to the delicious smell of freshly brewed coffee and toasted croissants. Our lunches were packed, courtesy of our hosts, and off we went for another day's enjoyable skiing.

Timing our return just right, so as not to miss the cocktail hour, we once again enjoyed drinks, Jacuzzi and/or Sauna and good company, at Jim and Betty's place.

Later, we had dinner, at the "Rose and Crown", in Canmore, before making our way back to Calgary.

Thank you, Jim and Betty, for a most memorable weekend!

(One of the Gang)

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Ramblers' "Gourmet Dinner Club"

The first dinner party of the Rocky Mountain Ramblers' own "Gourmet Dinner Club" is now history. This first get-together of this kind was hosted by Quita and Heino, when ten Ramblers sat down, together, to test and do justice to a multi-course dinner of Mid-Eastern foods -- for good reason, as Quita and Heino had so much enjoyed this type of culinary experience during their month's travelling in Morocco.

The theme for the next "Gourmet Dinner Club" party will be French Cuisine. The number of possible participants is, unfortunately, limited. Therefore, anybody interested should contact Quita as soon as possible.

(Quita Mills)

A Mouthwatering Event

Thirty-two Ramblers met, one Wednesday evening, at the Formal Dining Room, at S A I T, for a true gourmet supper. And what a supper it was! Everything was done to perfection, from the delicious appetizers to the grand finale, a banana flambé, prepared right at the table.

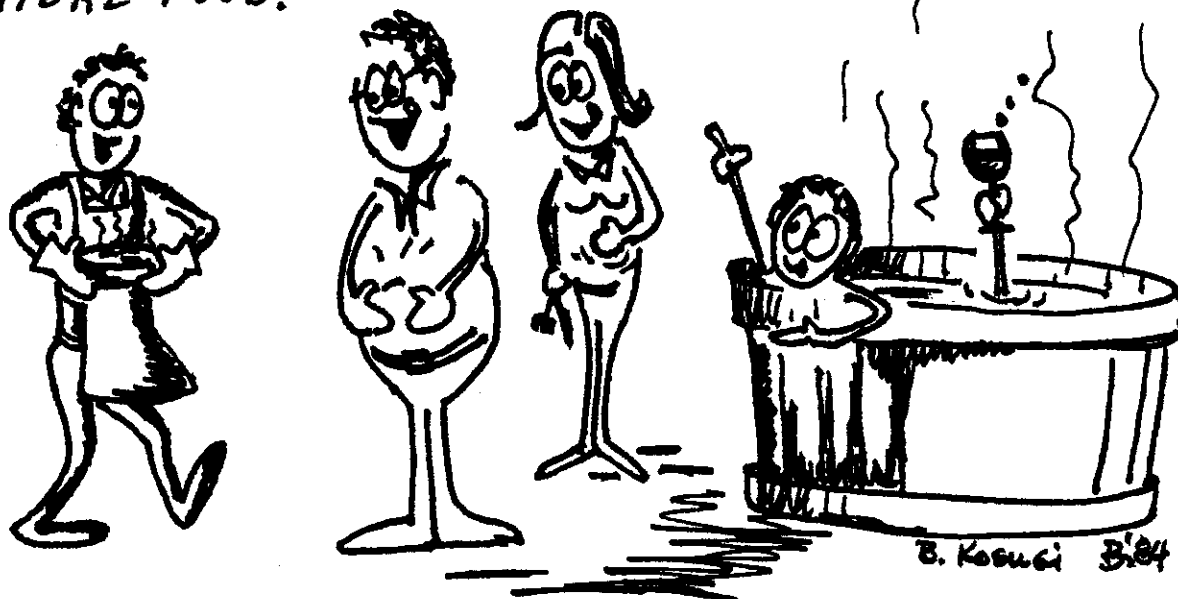
The drinks were all very reasonably priced; but Ramblers know their limits, and none had to be carried out.

Our thanks to Benita for organizing this marvellous event!

We are drooling at the thought of a possible repeat performance, sometime in the future.

(Quita Mills)

**MORE FOOD!**



EATING

FOOD

FOOD

EATING

T R I P SCross-Country in Mount Assiniboine Provincial Park

There is something for everyone in Mount Assiniboine Provincial Park in the winter. It's a telemarker's delight, a tourer's dreams come true and in between you can relax at tea time in the Mount Assiniboine Lodge.

Seven eager skiers, a mixture of members of the RMRA and the ACC flew into the Park from Buller Creek Sunday morning for a reasonable \$25 each. You have the option of flying out for the same cost or you can ski out over Assiniboine Pass and Bryant Creek in approximately 6 hours.

The Naiset Huts hold between 5 and 8 people, and while they are bare-bones accommodation they are very cosy once you've settled in. Each hut has a small wood stove and firewood is rationed so you are advised to take in at least 1 'Presto Log' for each day of your stay. At \$2.00 per person per night they are a bargain. Of course, if you really want to be thrifty you can take your own tent! For those wanting a few more comforts and someone to do the cooking and the dishes the Mount Assiniboine Lodge, run by Sepp and Barbara Renner, is now open in the winter for approximately \$60.00 per night including all meals.

March is an ideal month for a trip into Assiniboine -- the days are getting longer and the temperatures have moderated to give pleasant spring-like days. There are unlimited slopes for telemarkers and a variety of cross-country tours for skiers of all abilities. It is just over an hour to Wonder Pass where the day can be spent telemarking or one can cross back across the slopes above the huts towards Assiniboine Pass and return to the huts by skiing down through the trees back to Lake Magog or Og Pass and Assiniboine Pass can be combined to make an excellent circuit trip for the more adventuresome. By following the valley past Og Lake to the Valley of the Rocks and Golden Valley a more relaxing day can be had that can be as long or as short as you like. We took advantage of our one day of poor weather to do this trip and return in time for tea at the lodge where we had a sample of Barb Renner's fine cooking.

Longer trips are also possible: Ferro Pass makes an excellent destination. Once past Sunburst and Cerulean Lakes you descend about 1200' to Nestor Creek before starting the climb up to Ferro Pass. Skiing down through the powder in the trees was an absolute delight. From Ferro Pass the views of Mount Watson and the Marshall with the lofty Mount Assiniboine towering in the background must rate as one of the finest in the Rockies. Then it's a quick run back down to Nestor Creek, back up through the trees to the Lakes and you are home again after a full day.

Now that this area is being opened up through the use of helicopters twice a week for access it is bound to become more and more popular. The Naiset Huts which are booked through Wasa, B.C. (604-422-3212) can only be reserved 30 days in advance in the winter (Summer regulations may differ). The Park

Ranger, Nena Holgutn, was very helpful and does her best to keep the cabins in good shape and will help with any problems the groups may have. This was my first winter visit to Assiniboine but I am sure that it won't be the last. Thanks to Ramblers Lenie Braakman, Faye Vanderwal and Jim Bruce for making our week at Assiniboine such a fine holiday for me.

Bev Bendell

Other Trips that were taken:

#### Art's Beginners' Snowcave and Igloo Trip at the end of February

There were some 16 Ramblers and 1 guest that swarmed up the 8 km towards South Molar Pass one Saturday morning on Art's annual snowcave and igloo trip.

By midafternoon the snow was flying on a huge snowdrift when some 4 snow-caves and 2 igloos were built, harbouring the 17 people. By evening we all assembled around a fireplace Art Davis had built in the summer with a good supply of wood.

This resulted in a good supply of Bang-Tang (Rum with lemon crystals), and with the help of Jim Bruce's mouthorgan we got a few sing-songs going, despite a low temperature of  $-12^{\circ}$ . It became a late night with the last heading for his sleeping bag around 11 o'clock.

It had been sunny that afternoon but next day was overcast and windy. A trip to Molar Meadows was taken before skiing back out again to Mosquito Creek parking lot.

#### Opaben-Wenkchemna Pass in March

Seven Ramblers walked up the fireroad towards Lake O'Hara. We could forget about skiing as the icy snow on the fireroad well supported our walk on foot. At Lake O'Hara Lodge most of us enjoyed a \$4 soup and desert, supplemented by our own lunches. We crossed Opaben Pass in light snow that afternoon and camped at Eagles Aerie. We had some fresh snow overnight, and Wenkchemna Pass next morning looked gloom and doom under overcast skies. It was decided to follow the valley we were in (Prospector's Valley) and ski out to the Radium highway. There a friendly fellow skier took our car drivers back to their cars at Lake O'Hara fireroad parking lot.

Hector Lake - Sherbrook Lake  
in March

This was an overnight glacier trip under sunny skies with superb views on both days. At the end of Hector Lake we had the ice colossal of Mt. Balfour, some 1500 m (5000 feet) towering above us, making us wonder how we found our way from the Balfour Hut to the High Col across its icy flanks on earlier trips. We camped on top of Balfour Glacier that night. Next morning we were greeted with clear blue skies again. We climbed an unknown mountain to our left on skis enjoying the views. We skied down to the Waputic Icefield in perfect snow, then over to Bath Glacier. It had become a sightseeing trip by now. We did things we never had time to do on earlier trips. Then the ski-out down the Sherbrook-chute with the occasional swearword on our lips. We keep dreaming that one day those 1000 m (3300 feet) down the chute will be easier to ski.

With Dick Jull, guest Egon and myself.

And why not?  
The Bow-Peyto Traverse One More Time  
End of March

One of the greatest smorgasbord breakfast at Lake Louise got us on our way across Bow Lake up to Bow Hut. How many times we have done this trip before, I don't know. But one thing was different this time, we had brilliant sunshine, which you only get one out of six times on this trip. After a snooze in front of Bow Hut we carried on to Mt. Gordon, then came back down the slopes in perfect snow. We did our telemarks and wedel turns till we got sick of it, and then skied over to the new Peter White Hut. Here we joined three Ramblers, who were on a five-day trip to Sherbrook Lake and others. We were about 20 people altogether in the hut.

Next morning we climbed Mt. Baker, then had a good lunch right on the glacier with freshly-brewed tea and that brilliant sunshine on our backs. After that we skied out via Peyto Lake.

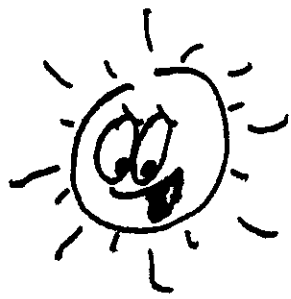
With Dick Jull, Hans Braun, guests Olaf and Bruce and myself.

These were a few trips, besides numerous day trips, that we took lately.

Wilf Twelker







GOD SAVE  
THE QUEEN



1000M  
3300F.

YIPPI YI - AY!  
THE SHERBROOKE  
CHUTE



B. KOSUGI

TO OUR EVER SO FRICHTFUL RAMBLERS!  
THIS IS AN ARTIST'S CONCEPTION  
OF THE SHERBROOK CHUTE. PART  
OF IT MAY NOT BE EXACTLY  
AS ILLUSTRATED.

SHERBROOKE LAKE

M I S C E L L A N E O U S

Big Dash of Sporting Danger Improves your Sex Life  
(Taken from the Calgary Herald)

To live a full life, you must participate regularly in a sport that provides an element of danger -- skiing, perhaps, or horseback riding.

Golf doesn't do it. Nor does tennis, calisthenics or jogging.

These are the conclusions of a research scientist, Dr. Sol Roy Rosenthal, professor of preventive medicine at Illinois. His MD is from that university. His Ph.D. is from Germany's University of Freiburg.

Rosenthal, who divides the world into RE (risk exercise) sports and non-RE sports, makes these points:

The same amount of energy invested in different sports affects the same individual in different ways. For instance, tennis (non-RE) tends to be exhausting whereas skiing (RE) exhilarates.

Risk sports are essential as well as exhilarating because man has evolved through action and risk, which are in his genes [and perhaps in the women's too (editor)].

Thus, he thrives on acts of risk. Men and women are more efficient, more creative and more productive after RE. It even "appreciably improves" their sex life.

Attitudes toward winning and losing generally are healthier in RE than non-RE sports. Enjoyment of golf, volleyball and other non-RE activities often is related to winning. But in RE sports, fulfilment does not depend on winning.

RE is so vital to man's well-being that risk sports should be subsidized by the city or country, state or nation.

"Somehow we must find the time and money," says Rosenthal, who earlier in his career in preventive medicine helped prove the link between cholesterol and hardening of the arteries. He is here on sabbatical this year working on a book and seeking a producer for an RE documentary.

"To do it right, risk exercise takes time," he says. "Once a week isn't enough. You should ski or play polo several times a week. . . ."

Note from the Editor: This article already appeared in the Pack Rat some years ago. I think it hits the nail right on the head. That's why I reprinted it, and perhaps you want to read it over one more time.

Wilf

### Down Sleeping Bags

Are you in for a new down sleeping bag, and do you want one that suits more your individual need? There is KLUANE MOUNTAINEERING LTD. in Edmonton that makes 9 different down sleeping bags, from bags for summer use to bags that will let you sweat while it is -40° outside. (This line includes a double bag for newly weds or claustrophobes, in this case single ones, of course.)

The reason I am writing this article is that all sleeping bags can be modified to suit your own specific needs. Here are some of the changes you might like:

Have the outer shell of your bag made from "Klimate" (similar to Gortex). It makes your sleeping bag almost wind and water proof, but it will cost you \$75.00 more. The Canadian Everest Expedition used "Klimate" on their sleeping bags and down jackets as I read about it.

You can supply your own down from your old sleeping bag if the down is still good. But you cut the old bag apart yourself.

All bags will fit persons up to 6'2" tall. You can order them shorter, and pay \$15.00 more for that change. And you can have more down added if you want.

In my case I ordered a "slimline" sleeping bag (Malaspina) which will fit the contour of my body with no dead airspace to lose heat, yet I can take damp gloves and socks with me in that sleeping bag to dry out. I had the outer shell made from KLIMATE to have it windproof in the drafty Mosquito Creek picnic-shelter, and to ward off moisture in damp nylon tents.

Then I had ¼ pound more down added. The changes added a \$100.00 more to the standard \$310.00 sleeping bag. But I have a bag now, that is almost wind and moisture proof. And with an 8" - 9" loft I am ready for any of Dick Jull's and Alastair DesMoulins' trips where solidly frozen eggs next morning are a standard feature. And the bag weighs only 4½ pounds. This is not an advertisement. This is only to let you know that good sleeping bags to fit your own individual needs can be made right here in Canada. The address is:

Kluane Mountaineering Ltd  
8223 - 104 Street  
Edmonton, Alberta  
T6E 4E7

They will have a catalogue for you.

Wilf Twelker

### Blackboard

The new blackboard at our meetings has been made by Tom Murry. Many thanks Tom!

Summary of the Last Executive Meetings  
(February 8 and March 8)

These are the highlights of the last two executive meetings. We welcome your comments and ideas.

Equipment:  
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Although it's setting to the end of ski season, we now have several new shovels for digging your friends out of avalanches or building snow homes. If you've packed your skis away already, keep this in mind for next year.

Packrat:  
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It appears we have lost one of our co-editors: Fritz Hansen has resigned from the executive and Wilf Iwelker will be solely responsible for our newsletter. Offers of assistance have come from Del Lavelle and Liz Scott. Anyone else wishing to help especially with typing please contact Wilf. If this issue looks any different it's because it was printed by a professional service as a test case. (If it looks the same, then we didn't make it to the printer's.)

Advertising:  
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An article about the club by Dave Gress appeared in the Bulletin section of the local Mirror newspaper. We have been attempting to advertise the club with a view to attracting new members. If anyone feels inspired to expound upon the glories of the Rocky Mountain Ramblers, Dave or any exec member will be happy to submit your creation to be published in the Mirror (which is free).

Social:  
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Paul VanLeeuwen has booked the Highwood Campground for September 7th through 9th for the annual car camp weekend. The cost will be \$1.00 per vehicle per night.

Other:  
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We have purchased a year's membership (\$25.00) with the Canadian Ski Museum in Ottawa. If you're in the area, it's likely worth a look.

Next Meeting: April 12

Susan MacMillan

Backpacking

Would you like to do a backpack this summer? Brian Westcott is organizing one from July 28 - August 5. Where to? Maybe to the Good Sirs area, but it will depend on where the majority of people want to go.

Moving

Susan McMillan has moved and her new telephone number is: 283-0203.

Alastair DesMoulins moved to San Francisco for 3 months. He is there on a job assignment. He should be back in May.

The Mountain Co-op is going to move to a new location, sometime in April. The new address will be 112-11 Ave. S.E., one block north of the present location.

For Sale

A Sailboat " S E A S P R A Y "  
EXCELLENT CONDITION - 1977 - 15' SEASPRAY CATAMARAN - CUSTOM GEORTZEN  
TRAILER W/ SAIL BOX - WHITE JIB - WHITE/YELLOW MAIN SAIL - FIBER  
GLASS BATTENS - NEWLY STICED TRAMPOLINE

PONE 276-5709 (best from 5-7 p.m.)

3-SEASON DOWN SLEEPING BAG  
A DOUBLE DOWN BAG WITH SPACE AGE HEAT REFLECTION (worth nothing I found),  
STILL A GOOD LIGHTWEIGHT BAG FOR HIKING, CYCLING AND BOATING. MADE IN  
SWITZERLAND BY EGGER FOR TALL PEOPLE - FOR \$100.00

Wilf Twelker (255-5882)

And finally . . .

Wedding bells are going to ring for Yvonne Ward and Bruce Kosugi on Saturday, the 19th of May.

All the best you young folks, and I am sure that the best wishes of the Ramblers will be with you.

Wilf

Many thanks to Annemarie Marriner for typing this Pack Rat and to Bruce Kosugi who drew the cartoons.

A VERY HAPPY EASTER TO ALL ROCKY MOUNTAIN RAMBLERS

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