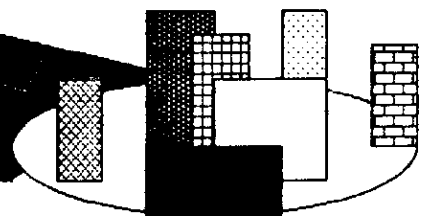


THE PACKRAT



THE ROCKY MOUNTAIN RAMBLERS ASSOCIATION

ACTIVITIES:

Hiking, Skiing, Backpacking, Climbing, Canoeing,
Cycling, Mountain-Biking, Snowshoeing, Educational
and Awareness Programs and Social functions.

OBJECTIVES:

TO PROTECT the interest of Ramblers and maintain
their rights and privileges,
TO FOSTER a greater love and knowledge of the
countryside,
TO ASSIST in the preservation of countryside amen-
ities,
TO FUNCTION as a bureau of information,
TO FACILITATE public access to the mountains and
woodlands,
TO ORGANIZE social functions for the members.

MEETINGS: WEEKLY - Wednesday evenings at 8:15 p.m.
Rosemont Community Hall
2807 - 10 Street N.W.
CALGARY

AGENDA: Trip Organization
Trip Reporting
Announcements
Coffee
Program or Social

MAIL: P.O. Box 3098, Station B,
CALGARY, Alberta T2M 4L6

FEES: Annual Memberships: Single \$15.00 / Family \$25.00

TRIP INFO: Bob's Bookstore (Bob Baxter) 282-1330

EXECUTIVE - 1986/87

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VICE PRESIDENT	Bill Hayes
TRIP COORDINATOR	Ron Folkins
TREASURER	Dave Arnold
SECRETARY	Frank VanDerVoet
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THE PRESIDENT'S MESSAGE

In the few years that I have been a Rambler (I don't know off-hand how many that is--maybe four or five) it seems to have happened consistently that, every few months, someone asks me why I don't leave the group and go join the Calgary Ski Club or Ski 'n Sun or some other equally trendy organization.

When I ask, "Why would I want to?", I am inevitably told that: a) the other club is more "with it", and b) the other club is more homogeneous. "There will be more people in your own age group and more people who share your particular background and interests. You'll fit in just marvelously and have alot more fun."

"No thanks", I say. "I figure I fit in just marvelously where I am now and I'm having all the fun I can currently fit into my schedule!" Then I go away and ask myself why I feel such a commitment to the Ramblers.

These well-meaning friends with their suggestions are certainly right. We are a most disparate group, with almost every age group, ethnic background, profession and religion represented, I suspect. And I also suspect that that is one reason why many of us do feel so committed. Where else would I have the opportunity to go on a hike with a group of people covering an age range of 40 years, representing half a dozen different countries and speaking more than that many languages? Where else could I get this kind of education and exposure while hiking? Probably not in the Calgary Ski Club.

And there is something else, Kurt Vonegut, in an address to a major American University, talked at length about his belief that in spite of our urban lifestyles, most of us would still be happier living in some kind of folk society. I half agree with that. Whatever our goals and priorities, most of us need some sense of community. And communities, as found in nature, aren't comprised of upper middle class skiers of moderate fitness between the ages of 25 and 42. They are composed of children and grandparents and all the ages in between, the fit and the not-so-fit, and several socio-economic levels as well.

And that's what the Ramblers look like to me, a sort of folk society right in the middle of Calgary.

And you know, my friends are right. We are certainly not a homogenous lot. And I say... "Viva la difference!"

Deanne Dearing

Deanne was recently chosen as "Best Presenter" for both the Fall and Spring HLSUA conferences held last year in Phoenix and Chicago. As a result she is being sent, all expenses paid, to present again at the HLSUA conference in Madrid, Spain this November.

HLSUA is the Honeywell Large System Users' Association.

Congratulations, on behalf of the membership!

UPCOMING SOCIAL ACTIVITIES

Annual Car Camp
September 26 - 27
Pinegrove A Group Camp
16 km. south of the Trans-Can Hwy on the
Sibbald Creek Trail
Fireplace and cookstove available
Pot Luck Supper Saturday Night
\$3.00 per person for the ham
\$3.00 per R.V. or tent site

Annual Dinner and Dance
October 3, 1987
OLDTIMER'S HALL

TRIP REPORTS

THE WOLVERINE IN THE PARK

Headed by Dave Ladouceur, we had come over Smuts Pass and rested, lurching a stone's throw from the ice-laden lake. It had been a warm climb but now the cooling wind robbed the sun's strength.

An eagle-eyed Jim Cox spotted the movement at the water's edge across the floes. There was no mistaking the features of a wolverine as it turned and clambered up the steep acree slope. It cut left, vaulting onto a band of snow as it continued its climb at an increased pace. For brief moments its passage was hidden by a belt of stunted trees and our eyes focused on the top of the waterfall where it would cross. Without any apparent break in stride it was over and out into the open again. It was now half-way in its quarter-mile dash to the skyline on a sun-drenched slope of rock and ice-fields. Onwards and upwards it bounded until it gained the pass and was gone. It hadn't relaxed its pace, an incredible display of power which we watched for perhaps

TRIP REPORTS CONTINUED

a full minute.

Twenty minutes later we reached the point where the wolverine had passed from view beneath the tower of Mount Birdwood. Would we come upon it, cringing for cover from our sight or perhaps trapped by a wall of rock? Beyond the pass lay a vista of range upon range within the shelter of Banff National Park. It could have gone high, gone low and might well have been miles away.

We see many animals on our travels in the mountains. Most times they are engaged in the quiet search for food, refreshing themselves by waters and forming a passive part of the landscape. It takes an experience, like witnessing a wolverine's dash for the horizon to run free as air in the vast wilderness beyond, to appreciate another treasured dimension of the mountain national parks.

Doug Campbell

WOMEN'S BACKPACK

Summer for the ladies of the Ramblers got off to a smashing start with the highly successful beginners' women's backpack, led the 1st weekend of June by Bev Bendell and Liz Tassy.

Hikers, leaders, and packs in various states of organization gathered at Bowfort Road the morning of the hike. All participants were unstylishly garbed in attire they wouldn't otherwise be caught dead in.

An energizing coffee stop (Wally, take note) was enjoyed by all at the Bragg Creek Grandma Lee's.

On arriving at the trail-head at Little Elbow Falls, hikers confronted their packs. After learning how to heave the pack from ground to knee to shoulder and back, an achievement accomplished not without difficulty, the ladies set off to the area beyond Powderpuff Ridge to Three Point Mountain. The group forded the Elbow in high style, marched up a long hill, and eventually enjoyed lunch in a piney setting with a few raindrops for company. After lunch the weather cleared as the trail wound across glorious meadows of sky-blue forget-me-nots and yellow buttercups.

After making camp in the later afternoon just in time to forestall any untimely departures from this world, a gourmet meal was enjoyed by all: fresh vegetables and spinach dip, white wine, assorted entrees, red wine, cookies and fresh fruit with satay dip, coffee and Bailey's. Thereafter, the group climbed a nearby ridge to look around and found the bones of a large animal on the way down.

TRIP REPORTS CONTINUED

After a final evening libation, hikers retired to the sounds of an elk herd, spotted earlier, crashing around in the nearby bush.

Next morning after a breakfast featuring filtered coffee, we all enjoyed a leisurely hike back to the Elbow. A noon-time nap refreshed everyone, and resulted in all being in good form to enjoy the two bottles of beer awaiting the 8 ladies at trip's end.

Many thanks to Liz and Bev for providing a very enjoyable and non-intimidating introduction to backpacking.

Edna Konik

RAMBLERS-NORDIC BUS TRIP

JULY 12, 1987

This big bus trip was placed on the summer schedule of the Foothills Nordic Ski Club by that club's touring committee in April. Jack Peltier chartered the bus and bought the refreshments while Gert Noer was designated trail coordinator. The Rocky Mountain Ramblers were invited to come along with Wally Drew rounding up and coordinating the Ramblers.

Before the big day of the trip, with its opportunity to hike from the Smith-Dorien road to the Kananaskis highway without a car shuttle, it became so popular that the bus was overbooked with a waiting list of up to 13 people. However cancellations and no-shows cut the group down to 53. The bus was fully loaded with 47. Five from the Nordic plus one tardy Rambler were accommodated in Wally Schoof's big Suburban. Jack Peltier gave up his seat on the bus he had chartered so that all Rambler standbys could get aboard. The popular main route of the hiking traverse was also his idea. Wally Drew added the optional side trips to satisfy a wider variety of hikers. On the bus were 39 Ramblers and guests and 8 from the Nordic. That made 40 from the Ramblers on the trip...not bad for a 7 a.m. departure without a coffee stop!

It was a sunny Sunday morning as we left Assumption School in Bowness. A charge of \$14 per person almost exactly covered the cost of the bus and the refreshments. On the way to the mountains the traverse route and optional side trips were explained in detail. Everyone wanted to do the traverse with or without options, leaving no takers to just go up Galatea Creek and back.

It was still sunny and warm at the Buller Creek trailhead on the Smith-Dorien road just south of Spray Lakes Reservoir. The standard traverse was up Buller Creek, over Buller Pass, down to Ribbon Creek headwaters, up over Guinns Pass, down to Galatea Creek and out to the Kananaskis highway. That involved a total elevation gain of 3100' in 11 miles. The 6 in the Suburban did the trip in the opposite direction adding 900' to the elevation gain. Because it was a relatively short traverse there was plenty of time for eating, picture-taking, and other relaxation. Mel Tanner looked after the tail end of the party all the way to Guinns Pass.

There were beautiful flowers in the subalpine and alpine meadows on the way up to Buller Pass but the best were yet to come. From the windy summit of the 8150' pass, where we regrouped for our first lunch, there were beautiful views of Sparrowhawk, Bogart and other peaks capped with fresh snow. Assiniboine and its high neighbours to the west had their heads in the clouds that later reached us as expected.

From Buller Pass, Gert Noer led an ambitious group of about 16 to the top of the 9400' peak just to the south for even more extensive views. That was the only off trail route of the day on the way down the east side of Buller Pass. Most of the rest of us met the Suburban group coming up. They had come further than we had and 3 of them also did the 9400' peak. Wally Schoof gave his car keys to Wally Drew with instructions for driving around and picking them up at Buller Creek trailhead. Since Wally would take the rear going out, he subsequently gave the keys and instructions to Steve Logos, who got out in good time and picked up the reverse party of 6.

The side trip down to Ribbon Lake was about as popular in numbers as the one up to the 9400' peak. We had a light rain shower at that time while the peak-baggers got snowed on briefly.

Some of us stopped for a second lunch on top of 7950' Guinns Pass and enjoyed more spectacular views while waiting for Gert's group to arrive. Others opted to go on lower down where it was warmer with more flowers. Indeed the most beautiful flower display of the whole trip was in the meadows at the bottom of the south side of Guinns Pass.

It was warm and sunny when we reached the bus in the Galatea parking lot. Some of the early arrivals were forced by the R.C.M.P. to dump their alcoholic beverages. Evidently it is illegal to consume even beer in such a public place in Alberta. The late arrivals including the Suburban load didn't have that problem because there were no alcoholic beverages left, though there was fruit punch. There had been enough beverages for one per person and every one had paid for refreshments. Because of these problems it has been decided that people will have to supply their own beverages for the next bus trip.

After a very successful trip without anyone going astray or delaying the group, we got back to Calgary reasonably early in the evening. It was decided then and there that we would run another joint bus trip on Sunday, August 23. This time the Ramblers will charter the bus and invite the Nordic along. The main traverse will be from Redearth Creek trailhead on the Windermere highway in Kootenay Park. A more ambitious option will be via Twin Lakes and Gibbon Pass to Shadow Lake and on to Ball Pass and Hawk Creek. Easier options will be to hike up Hawk Creek to Ball Pass or up to Floe Lake. There are trails all the way on all options. Details will be announced at Rambler meetings in August. Nordic people can sign up through Jack Peltier or Wally Schoof. Wally Drew plans to organize the Ramblers and charter the bus. Let's hope the next bus trip will be as successful and enjoyable as the last one.

Wally Drew

BEARS OF WATERTON

AUGUST 2, 3, 1986

Dr. David Hamer, Instructor

This outdoor course on bears and their environment in Waterton Park was extremely interesting and worthwhile. It consisted of two days of hiking in known bear habitats in order to observe/learn feeding and denning behaviour and other bear facts.

The first day's hike was on the Lineham Creek trail, about six miles with an elevation gain of approximately 1,000', with some bushwhacking through alders and willows to gain access to an avalanche slope. The trail runs along the SW edge of Ruby Ridge into the valley between Mt. Lineham and Mt. Blakiston. The area is a favorite feeding place for grizzly in the early spring and late fall given the food variety. We identified over ten types of berries. The huckleberry is the favorite and can easily make up more than 50% of a grizzly's food in August and September. Black bears eat a wider variety of berries (i.e. junipers), probably since they cannot dig for roots and corns as grizzlies can. Roots and corns, especially dug out of avalanche slopes, will comprise over 90% of a grizzly's diet in early spring and then about 70% in October; this is mainly yellow hedysarum. In the summer, the grizzly diet is primarily based on the members of the parsnip family: cow parsnip, yellow and white angelica, sweet cicely, and prairie parsley. Other interesting tidbits about food, year old kinnikinnick (bearberry) berries are preferred to this season's as they have twice the sugar content (32%). Ant exoskeletons are not digested and one can therefore "see" ants in the scat. Bears rarely dig out ant mounds as they would ingest too much debris along with the ants. Generally, only the barren ground grizzly will dig and eat hibernating ground squirrels. In addition to all the bear food which we identified (and sampled if possible) we identified over forty other flowers and bushes, making this a very lovely hike.

The hike on Sunday was the Rowe Meadow trail, about 7½ miles and 2,000' elevation gain, 1,000' of that straight up the south slopes of Mt. Lineham on the scree and bear grass to a grizzly den (this trail is one valley north of Saturday's trail). Grizzlies almost never use the same den again, but will often den within a few kilometers of their old dens. Despite this, grizzlies are not considered territorial. A male's home range can be about 1,000 square km., females somewhat less. Black bears are territorial within a matriarchical family structure...a mother, daughter, granddaughter, etc. will all den within a defended territory. The large range of bears creates major problems for bear management and preservation as Waterton Park is only a little over 500 square km. One radio-collared female grizzly's home range, interestingly enough, coincides almost perfectly with park boundaries, but most have extensive areas of their ranges out of the park where they are likely to be shot.

Grizzly dens are generally more elaborate than black bear dens, the latter denning in almost anything, even under big trees. Grizzly denning behaviour exhibits a fair amount of regularity, with dens being dug at approximately 2200 meters, on a 33 slope (allows for horizontal digging in stable soil), facing eastward due to wind and snow cover. If snow is late or light, the grizzly will cover the den entrance with brush and debris.

In addition to range and den behaviour, we learned a bit about bear-human interaction on Sunday. Researchers classify bears into three types on this dimension: aggressive, neutral, and shy. Aggressive bears are further subdivided into man-eaters (extremely rare), garbage bears, and female grizzly with cubs. Black bear mothers are somewhat unpredictable but generally are not raging monsters as is the grizzly mom. These bears will typically engage in a series of false charges if they're not actually attacking. The neutral bear basically ignores humans, going about his/her business as if humans were not present. However, neutral bears have been known to follow/approach humans at a slow pace and at some distance in a mild display of aggression (thought to be a displacement strategy, designed to move the intruder out of a feeding area, for example). Shy bears shun human contact and usually run away if they are spotted. What to do when you meet a bear depends on the type of bear. Dr. Hamer suggest standing still, quietly, for a couple of minutes to see what the bear is going to do so you can determine whether it is aggressive, neutral or shy. For neutral and shy bears, slowly walk away. If you yell at them or throw something they may become angered or upset and charge. For aggressive bears, it depends on the subcategory. If it's a man-eater you're probably done for, but try yelling, running etc. Garbage bears will often run away when confronted, but if not, throw it your pack and run away. A woman once mistook a fairly docile garbage bear for a neutral, so just stood quietly waiting for it to go away. Instead, it came right up to her and ripped her pack off her back. She escaped frightened but unharmed.

Female grizzlies with cubs have been known to attack trucks and helicopters in their insensate rage, an instinct presumably developed to remove any and all threats in the cub's environment. They are not deterred by a human yelling and waving sticks. Indeed, this behaviour can well increase the perceived threat. Thus, the best thing to do in this instance is to make yourself as inconspicuous as possible, lying flat on the ground and playing dead, upwind of the bear if possible. If she is far enough away when you see her, leave the area immediately and quickly.

Did we see any bears? Not on the hikes, but the Saskatoon berries were ripe in Red Rock Canyon and 5 - 6 black bears and one grizzly were feeding there. All the participants took the drive and we all saw at least 2 - 3 blacks feeding happily, ignoring all the strange two-legged creatures making excited noises and waving black boxes.

Cindy Cannizzo

IN MEMORY

Tony Segeren

Passed away: Calgary, Alberta
July 20, 1987

Tony discovered his escape from the pressures of day to day life by visiting the mountains and enjoying the views of the lakes and snow covered peaks, the sounds of the streams and wildlife and the smells of the flowers and pine. Tony acted as leader on many outings, hiking, climbing and cross-country skiing. With his familiar green headband, loosely fitting flannelette shirt and packsack riding high, Tony was like a mountain goat, eager to head for the high country. This had to be his life blood and one of his greatest satisfactions. It must have been a great disappointment for him when he found that he could no longer sustain the pace. One of his last trips within the past year was the 17 mile hike into Floe Lake in the Kootenays. His remarkable ability at that time to meet a challenge which would readily tire much younger men was a tribute to his incredible determination not to give up.

As time went by and Tony's ability to travel diminished, Jeanne would take him out to the Cochrane Hill so that he could drink in the sight of his beloved mountains. Later he was limited in his travels to the top of Nose Hill. Finally, he found he was losing his sight to the extent that the binoculars were no longer of help. Tony reverted to his other loves; that of music and the news of his family in letters which Jeanne would read to him. But Tony never forgot the mountains and the experiences which he had enjoyed exploring their secrets; they were one of his two greatest loves.

Let us not go out from this gathering with sadness; rather, it is better that we should be thankful for having had the opportunity to share with Tony the excitement of adventure, the experience of growing and the joys of living. We can each take satisfaction in knowing that we have contributed towards and enhanced the quality of his life and he, in turn, has contributed towards ours.

(Excerpts from Tony Segeren's memorial service).

Vestigia
by Bliss Carmen

I took a day to search for God,
And found Him not. But as I trod
By rocky ledge, through woods untamed,
Just where one scarlet lily flamed,
I saw His footprint in the sod.

Then suddenly, all unaware,
Far off in the deep shadows, where
A solitary hermit thrush
Sang through the holy twilight hush -
I heard His voice upon the air.

And even as I marvelled how
God gives us Heaven here and now,
In a stir of wind that hardly shook
The poplar leaves beside the brook -
His hand was light upon my brow.

At last with evening as I turned
Homeward, and thought what I had learned
and all that there was still to probe -
I caught the glory of His robe
Where the last fires of sunset burned.

Back to the world with quickening start
I looked and longed for any part
In making saving beauty be...
And from that kindling ecstasy
I knew God dwelt within my heart.

Recipe for AYLNER SOUP

Ingredients- one rainy (but calm) day with visibility 50 to 100 feet above 7500 foot level, 3 well equipped hikers unfamiliar with the terrain, contour map and compass.

Method of preparation- meet at Montgomery Safeway 6 a.m. Saturday July 4 (Independence Day, USA), drive to picnic area south end of Lake Minnewanka, start walking on pavement 7:30 a.m. (running shoes recommended). Walk across bridge over Cascade River and ignore sign 'HIKING TRAIL' pointing (obviously) the wrong direction and continue on old trail along the lakeshore of Minnewanka. Watch out for numerous logs, deadfall, slippery rocks and many breaks in trail due to shore erosion. Use compass and map to find location of trail to Aylmer Pass and head west into the bush about 9 km after leaving car. 9:50 a.m. reach main trail and signpost- '4.6 km to Aylmer Pass'. Trail to Aylmer Pass suitable for running shoes, gain approx. 2000 feet altitude, upper trail passes through alpine meadows with wildflowers (numerous and of varied types- columbines, lupins, hedyserums, avens, yarrow, valeriums, paintbrush, chickweed, etc, etc). Remove running shoes at Aylmer Pass and start up scree heading northeast (11:00 a.m.), scree is loose (2 steps up, slide 1 back). Ignore obvious trail heading gently upward to the east along scree slope. After gaining approx. 500 feet elevation, enter clouds and visibility drops. However, continue along ridge with cliffbands on left and slope rapidly steepening on right. Check map and compass- no indication of cliffbands there. Continue northeast, but below ridge on south slope (edge of ridge becoming impassable), visibility still severely limited. Some difficulty traversing slope due to steepness and looseness of rock (now little scree due to steep slope). Sight a lump in the haze ahead and climb up, with some exposure (nothing severe, but don't slip). Attain a gentle scree slope heading northwest. However soon reach a peak with nothing in sight (due to clouds), pull out map and compass. Drop down scree slope to southeast and suddenly a saddle appears out of the haze. Continue on another scree slope along a ridge to northeast to another peak. Again drop down and find a saddle in the haze. Repeat twice more, each time checking map and compass and complaining 'It sure doesn't look like this on the map, but this is the only possible place we could be.'. At 4th false peak, search for a way down to saddle, but find only cliff bands or steep slippery rock or a 30 foot chimney. For lack of alternatives, downclimb the chimney (quite safe if you are careful) and reach the saddle. One more minor false peak and then reach a saddle with 2 stone shelters, and a trail (!?) coming out of the haze and heading up the (final?) scree slope. Head northeast up scree slope (finally one with fairly solid scree and no lichen so the rock is only partly slippery, recall there has been light rain all day). At 1:45 p.m. reach the summit which is identifiable by: i) cairn (the first of the day); ii) a register in an old Miracle Whip jar; iii) a quick walk around assures no higher ground within a hundred foot or so radius. Stop for lunch and no pictures of the beautiful 30 foot visibility, rain starts to get heavier and colder. At 2:15 p.m. start down, using map and compass to ensure that the correct heading is taken. At saddle southwest below main peak, avoid route taken up by starting down trail, but soon lose trail on the rocks. Head south and southwest, avoiding cliff bands into Aylmer canyon. Traverse down scree slopes aiming for ridge leading to Aylmer lookout. With map and compass, achieve success and find the ridge, however rock is very slippery. Follow trail along ridge heading south-south-east, until trail drops to south-south west. Lose trail and bushwack down to main trail to Aylmer pass. Reach main trail at 3:40 p.m.

noting that we are wet due to wet vegetation (in fact we have been wet all day). 100 feet down from entry point to trail, cross main trail to Aylmer lookout and realize we had been bushwacking parallel to and only 100 feet away from this trail for a significant time (oh well...). Hike down to Lake Minnewanka and arrive 4:30 p.m. in time for a break and change from wet boots to wet runners. Aware that a good trail leads back to car, follow this main trail (approx. 100 feet above lake) at good speed, and arrive at car 5:55 p.m., after sliding a bit on muddy spots on trail. To end the day, remove as much clothing as one wishes and (still in the rain) cool off (as if this was necessary or even desirable) with a numbing dip in Lake Minnewanka.

Suggested serving- This is a trip not to be missed for those willing to put up with numerous (small) challenges. To be repeated in good weather, but not in bad.

Recipe due to: D.A. Leahy; taste testers: Gert Noer and Frank Vandervoert.