

**The Packrat
RMRA News Letter
June 1993**

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

MEETINGS : Weekly, Wednesday evening at 8:00 PM at Rosemount Community Hall : 2807 -10 Street N.W.

MAIL : P.O.B. 3098 Station 'B' Calgary, AB T2M 4L6

TRIP INFO : 282 6308 RMRA Hotline and at Meetings

R M R A EXECUTIVE 1992 - 93

PRESIDENT	Reg Fryling
VICE PRESIDENT	Robert St.John
TRIP COORDINATOR	Dave Reid
TREASURER	Faye Kennedy
SECRETARY	Anne Moran
SOCIAL DIRECTOR	Josephine Ridley
NEWSLETTER EDITOR	John Schleinich

SOCIAL COMMITTEE REPORT

by Josephine Ridley

The Social Committee has been very active and very successful. The revised list of the remaining social events in 1993 is as follows:

1. Stampede Breakfast.....July 17, 1993
2. Car Camp.....September 18, 1993
3. Awards Dinner.....October 29, 1993

President's Message

by Reg Fryling

Greetings all, its great to see so many getting out. With the nice weather and very light snow pack this winter, the mountains are opening fast. I obtained some Banff Park and Kananskis trail information at the time of writing (May 19) as follows: The trails in Banff Park are generally free of snow bellow 6500' and are dry in the opener areas but some of the higher more sheltered areas may be muddy. The Spray River fire road between Spray Lakes and Goat Creek as well as Hellen Creek are closed re wild life needs. The bears are apparently thin and very hungry this spring with a special emphasis on Waterton Park. The Moraine Lake road and the 1A Highway between Lake Louise and Lake O'Hara road are closed for cars but open to bikes. The paved trails near Kananskis Lakes are bikable but the higher trails still have snow. At our recent coordinators meeting the idea of prescheduling trips was discussed at length. Opinions varied, many felt that for the most part they like the flexibility of the present system but would do some pre-scheduling, or provide a list of tentative trips for a season without dates. Others plan to do more prescheduling via the board/or Packrat should feel free to approach coordinators concerning trip suggestions.

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Ski trip to Belfour Hut

By Wilf Twelker

Many times have I been in the mountains skiing by myself, just to meet people, with whom I can ski with or play cards with at night, or what the snow and weather are like. It is fun to find out the unknown that lays ahead. Once I met someone below the Balfour Hut on his way out. He asked me what I was going to ski and then turned around and came with me. We had a wonderful day of skiing Diableret glacier. And so I wanted to go again this weekend, especially since I could take off Monday and Tuesday.

The weather report sounded innocently enough: sunny on Saturday, snow flurries on Sunday and Monday, Tuesday I would ski out.

All went fine on Saturday skiing up to Bow Hut. The weather was beautiful and warm as predicted. After a short break at the hut, I decided to go on to the Balfour Hut to see what was going on there. Arriving at 7 pm, to my surprise I found the hut empty. Usually there would be a few skiers there to ski the Sherbrooke Traverse. Well, so I would be alone, and I made myself comfortable.

Next morning, Sunday, I woke up to snow flurries and whiteout conditions. I went back into my sleeping bag. By noon the wind came up and I had near blizzard conditions. I found a few pages of Albert Einstein's Law of Relativity. It made good reading for a couple of hours, but by late afternoon I was ready to go outside. Not bad. I skied some and even managed a few turns. Back at the hut. The snow intensified and later that evening the sky caved in. It snowed "cats and dogs".

Monday morning I stepped out into 60 cm of snow. Above my knees. First thing to do clear a trail to the outhouse, then the porch, and then I took stock. Twelker, I said this time you got more than you bargained for. You are stuck and you'll never make it out of here without help from the Bow Hut. Not an ideal situation, but not hopeless either. Since I was tired from shovelling snow, I went back to my sleeping bag.

After breakfast I read more of Einstein, and realized that relatively I was not badly off. Relatively to whom?

The sun was breaking through and I had a sunny and misty afternoon. I am back on my skis and on the tongue of the Vulture Glacier. There was a cold and steady wind coaming from the glacier and I had

to bundle up. The temp was -17 C.

It was 10 at night and I had to take my first "run" to the outhouse. Ambling across the porch I see northern lights on the slopes. NORTHERN LIGHTS?? Twelker, wacky, waky, those are headlights of skiers. The whole thing is surprising and unbelieving. Who would venture up here in this snow? I am wide awake now. In reflex I lift my flashlight and signal. There are two lights on the slope about 300 m away, and stationary. The left light signalled back. Good! Back in the hut I light 2 candles and place them in the windows near the slope, and went out to check if they are seen. Amazing what a candle power can do. Some 30 min later boots rambled into the hut. There were five of them. Nothing was said and soon they were in their bags snoring away.

Next morning we talked, and to my surprise they regarded me as their guardian angel. They did not see the hut and were about to swing to the left, when they saw my light. They were on their skis for 11 hours from Payto Hut, breaking trail with military precision. Everybody went ahead for 100 m and moved over for the next man. They were soldiers from the military base in Calgary and really grateful. They shared their goodies with me. Next they decided to go back to Bow Hut (my luck now), the Sherbrooke traverse was impossible anyway. It took us almost 5 hours to the hut, but the weather was just beautiful. We could use most of their trail, partially blown in. But leaving the hut we had to break trail, since their night walking was in a different direction. We also met a party of 4 going up, thanking us for the highway.

At the Bow, they asked me if I could take them to Lake Louise, where they are to meet an army vehicle. But things changed. At the Bow Lake parking lot we strapped the skies to the top of my VW, and then all 5 of them piled in with their gear: 2 packs and 1 body in the front, 4 packs and 4 bodies in the back. 1 body in the passenger seat. We passed Lake Louise and nothing was said, since half of them were asleep anyway, and we had a jolly good ride all the way home to Calgary. Here we shook hands and I could hear one of them say: what an adventure. Well for me it most certainly was a different trip ... once again. *I had three hints today: Take a hike-Put a sock in-Drop dead! **

How Far Ahead is too Far?

by Gail DesMoulins

One of the great things about Ramblers are the adventures we share in the safety and sociability of groups. But coordinating a group of people on ski or hiking trips can be a challenge. People travel at different speeds, pending their energy and fitness level that day. Some people fall back and some get ahead of the group. But how far ahead is too far?

In the Ramblers, only club sanctioned coordinators can call club trips. To me, this implies expectation of certain level of responsibility and skill of the coordinator. Otherwise, why could not any member call a club trip? Also, the fact that the club wants trip participants to sign waivers and the fact that the club takes part in legal liability workshops and discusses insurance for the club, implies that it recognizes the reality of legal issues today. But how can we reasonably expect any accountability on the part of the coordinator if trip participants do not respect his/her leadership role? Without turning a trip into a military exercise, is there not a necessity for a group to allow the coordinator to do their job by following his/her guidelines. How can a coordinator direct a group if some "experienced adult" in the group strikes off on their own, thinking they know the route the coordinator wants to take? Especially off trail, but even on trails there can be more than one way to get somewhere.

Even experienced adults can have accidents. What is the use of wearing an avalanche transceiver in the winter, if no one is around to dig you out in the required 4 minutes. I have seen an experienced adult rush ahead of a group coming down a mountain, even after the coordinator asked him not to, and get bonked on the head from loose rock kicked down by the rest of the group. I have seen an experienced adult fall off a slippery rock

and fall upside down into a creek with a heavy pack on his back. If the coordinator had not been right there to pull him out, he may well have drowned.

Even if all are safe and well, what about the social aspect of group trip? Why would experienced adults sign up on a group trip if they can make their way in the mountains by themselves? If it is to chat with people and enjoy their company, why race off ahead only to see the others at the summit for a few min. or back at the car? I don't know how many times we have come across a lone Rambler skiing along a trail. When we ask them if they are alone, often they admit they are on a club trip, but have not seen the rest of the group since morning. Why would a person go on a club trip to be left alone all day? I have also heard many coordinator complain about some experienced adults who would not stay with the group and end up being a big pain in the neck. The coordinator then just groans silently each time this individual signs up for the trip. OK, so some days a person wakes up in the morning feeling strong and gung ho. Fine. Blast off with a fast group, or on your own if you are an experienced adult. If you want to go on a club trip, give the coordinator a chance to be a good leader.

But how can one person keep track of 20 people of different levels? Good question. Do not take 20 people on a trip? Take another coord. to help? There have been discussions before in the club about all the coordinators who go on trips instead of calling a trip. Maybe try and have people of same ability go on the trip. Maybe leading a trip would be a lot easier if we would let our leaders lead.

Rule of Thumb - Accept good advice gracefully, as long as it doesn't interfere with what you intended to do in the first place.

EASTER 1993

by Alistair DesMoullins

We had originally planned to go to the Columbia Icefields for the 4 day weekend, but it seemed that the weather was not going to be suitable so we decided to go to the Drummond Glacier instead.

Doug and Dorraine Simpson, Gail and I left Calgary at 6 am on Friday 9th April. The Lake Louise warden office was crosses with people getting permits for the Wapta Icefields. We got our permit then headed for the Fish Creek parking lot below the Lk Louise ski area. At 9 we began our walk up the road to Temple Lodge. Some sun and some cloud. At the top of the road we met a lot of people who were going to Skoki. Purple seemed to be wax of choice. We started skiing before the crowd, they passed us as we had our first snack, at Ptarmigan Hut. My wax did not hold well going up Boulder Pass, so I was glad to have lunch at Ptarmigan Lake. After crossing the lake we left the Skoki highway and skied down to Baker Lake then contoured around into the Oyster Creek valley. Due to the warm day, at times we sunk up to our knees into the snow. This was very tiring. We followed the creek - snow conditions carrying from good to awful until we joined the Skoki to Red Deer Lakes trail. Then followed the snowmobile trail to the Cyclon Warden Cabin. We made tea, and since it was 4 pm we decided to have supper. At 5.30 pm we continued down to Red Deer River valley. We soon encountered bottomless snow and progress slowed to a crawl. Then we left the open valley and traversed to the summer trail in the trees, where we found an old ski trail. This turned out to be the ski trail to the Natural Bridge. It was 7.30, we were all weary, we made camp and brewed some tea. I then back tracked the trail until I found the junction with the main Red Deer Valley trail, skied down close to the river and back to camp. We decided to get up early next morning when the snow would be firm.

We got up at 5:30 and started skiing at 7:15. The temp. was -15c and the snow hard. We made good time down the trail then up the open gravel flats towards the Drummond Glacier. We found a campsite, unloaded overnight gear and then headed up towards the glacier. We took the left branch of the creek, then Doug kicked steps up a short steep and brought us to a ramp leading upward. At 11 we had a rest to admire the views to the South. We then left the ramp and continued up a gentler slope towards the glacier. Gaining a ridge proved a mistake, so we rounded the ridge and kept climbing to the foot of the glacier. We skied onto the glacier and headed in a West direction. The weather clouded in quickly. At 14:30 we turned round from a 9300' high point and had a pleasant ski down. A lot of snow ploughing on the ramp not nearly as much room to ski as on the 1985 easter trip. We were back in camp at 6600 ft shortly after 16:00. Supper of good soup and chicken curry and rice was most welcome. Weather cleared, We were in our tents at 19:30.

At the 11th on Easter Sunday we awoke to a clear -14c morning. A few easter eggs were found in the cooking pots. At 8:15 we set off back to the glacier. We all felt fresh arriving at the foot of the glacier, where we head a snack before going on. We skied in a NW direction until we came to the broad 9500 foot col. This gave us excellent views up Pipestone Pass and beyond. We skied up the slope to the East and then on foot, reaching the summit at 10,300 ft at 12:30. Same peak I went up in 1985. For an hour we sat there, had lunch and chocolate goodies enjoying the panoramic views. This caused reminiscing of previous trips. Then it clouded in and we had a good ski down the glacier. I even found some powder on an East facing aspect. Back in camp at 16:30. Chicken noodle soup and beaked ham menu.

At 6:15 next morning it was again clear and -11c. after breakfast it was time to pack and head back to Lake Louise. Always a sad part of the trip. We started the return journey at 8:15 - we skated to the Red Deer River then put the skins on. We had a half hour stop near the Cyclone warden cabin then joined the snowmobile trail again. It was sunny and warm and we decided to go via Skoki to avoid the collapsing snow. By the time we reached the low pass just East of Skoki the weather clouded in from the NW. I was the only one who wanted a food stop. From this pass we made new trail up through the larches to join the Deception Pass trail. Deception Pass is well named! At the top of the pass, again I was the only one to have a food stop. There was a hail shower as we skied down the Ptarmigan Lake. On Boulder Pass the sun was out again. Now we all had a food stop. The others set off from the pass - I stayed a bit longer not being able to part from the views. Beautiful! I left and we regrouped near Temple Lodge. The ski out was rather slushy with some water ice lower down (excellent conditions with a few natural hazards in ski area language). By 16:00 we were at the van. We had a good supper at the Drake in Canmore and were back in Calgary at the early hour of 19:30.

If you think of buying skintight jeans, let your contents be your guide.

PLANNED TRIPS - SUMMER AND FALL 1993
by the RMRA coordinators

Coordinator	Hiking/Backpack/Canoeing/Bicycling
Angus, Brieta	1. Windy Peak Hills 2. French Creek Larch Hike 3. Pasque Mountain
Campbell, Doug	1. Wenkchemna Pass 2. Emerald Lake 3. Rockbound Lake 4. Lake Louise Tee House
Davis, Art	1. Stanley Col 2. Mount Rundle East 3. Protection Mountain 4. Exshaw Creek (2 days)
DesMoulins, Alistair	1. Totem Creek - Noyer Creek 2 or 3 days 2. Palliser Pass 2 or 3 days, 3. Cougar Creek - South Ghost - Exshaw Creek 3 days in June 4. Nigel Creek - Beauty Creek 2 or 3 days 5. North Johnstone Creek 2 or 3 days
Folkins, Ron	1. Elbow Lake 2. Pickle Jar Lake 3. Rummel Lake 4. Twin Falls 5. Redoubt Lake 6. Sherbrookr Lake 7. Caldron Lk 8. Baker Lake 9. Elk Lake (Banff) 10. Kaufman Lk 11. Floe Lake 12. Bourgeau Lake 13. Fish Lake all Backpacks in June and July
Fryling, Reg	1. Hidden Lake 2. Three Point Mountain 3. Mt. Burns 4. Holy Cross Mtn 5. Mt Temple
Kittle, Kay	1. Wind Ridge 2. Buller Pass 3. Commonwealth Pass 4. Mt Kidd Fire Look Out
McGill, Peter	1 Canoe Trip on Red Deer River June or July
Michi, John	1. Canoeing on Red Deer River in July or August
Mulligan, Dave	1. Highwood Pass (Bicycle) 2. Windy Ridge 3. Mount Temple 4. Crowsnest Pass (Backpack)
Moran, Tony	1. Sulphur Springs 2. Carrot Trail 3. Cox Hill 4. Indian Oils Trail 5. Long Prairie Creek 6. Ribbon Falls
Schleinich, John	1. Allan Mount. 2. Three Isle Lk-Aster Lke trav. 3. Indefatiguable N 4. Castle Mt. 5. Thyrit Mt
Scott, Ken	1. Indian Graves Ridge 2. Prairie Mt 3. Cox Hill 4. Dry Island Buffalo Jump 5. Green Mountain 6. Bryant Lake
Sinclair, Alistair	1. Headwall Lakes 2. Misty Basin 3. Little Elbow R. 4. Many Glaciers 5. Exshaw Creek 6. Highwood Pass 7. Powderface Ridge

continued on next page

PLANED TRIPS - SUMMER AND FALL 1993

by the RMRA coordinators
(continued)

Coordinator	Hiking/Backpack/Canoeing/Bicycling
Sobon June	1. Mist Ridge 2. Fortress Ridge 3. Vulcano Rdge 4. Raspberry Ridge 5. Pasque Mountain
St. John, Bob	1. Mt. Kent 2. The Fist 3. Helena Ridge (and more)
Taylor, Mary	1. Mount Romulus 2. Mount Remus
Van der Voet, Frank	1. Wenkchemna Pass 2. Cascade Mt. 3. Mt. Fairview
Dreew, Wally /Bus	1. Rambler-Nordic Bus trip, July 11, from Vermilion Pass to Redearth Creek via Vista, Arnica and Twin Lakes Gibbon Pass and Shadow Lake Lodge. Optional side trips to summits flanking Gibbon Pass. Less elev. gain by starting at Altrude Creek (new). 2. Rambler-Nordic Bus trip, August 8, Dolomite circuit. Bow Lake via Helen Lake, Katherine Lake, Dolomite Pass and 8350 ft col to Mosquito Creek. Options: a. Cirque Peak via South Ridge, b. Dolomite Peak (difficult) c. hike up Mosquito Creek (easy).
Drew, Wally	1. North Elk Range 2. Mt. Roberta 3. Mt James Walker 4. Helena Ridge 5. North Kaufman Lake 6. Summit NE of Commonwealth 7. Mt Twin SE of Burstall 8. Storm Mt in the Misty Range 9. Porcupine Ridge 10. Vermilion Peak 11. Mt Paget
Reid, Dave	1. Cox Hill 2. Powderface Ridge 3. Guenn Pass 4. Twinn Lakes 5. Pocatera Rdge 6. Mt Bourgeau 7. Mist Ridge

Editor's Note: Not all the trips will materialize. Many depend on good weather, coordinator's enthusiasm and mostly on member's interest. In the name of all the members I want to thank the coordinators for supplying the Packrat with such valuable information.

Reminder: only two publications left to publish articles and participate in a free draw for 1994 membership.

****Hikes of discovery consist not in seeking new landscapes but in having new eyes.****

**** Research shows that everybody dies: lovers, joggers, vegetarians and non-smokers. I am writing this so that some of you who jog at 5 a.m. and eat vegetables will occasionally sleep late and have an ice cream cone. ****



"That's why I never walk in front."

PLEASE SUPPLY YOUR PACKRAT WITH ARTICLES !!! PLEASE.

TRIP COORDINATORS' CHAIRMAN ANNUAL REPORT
JANUARY TO MARCH 1993
 by Dave Reid

Compared to the same period last year there are more x-country trips, but fewer participants. The most active coordinator by far was John Schleinich with 24 trips, an average of 2 per week; Alastair Sinclair was a distant second with 5. Many thanks to Brieta Angus for doing the weekly trip reports and recording them on the answering machine.

Table 1
 Summary of RMRA Coordinator Activity
 January to March 1993

Coordinator	Stat.	Total Trips /Days	Person Days	x-c ski	Snow-shoe	Skate	Day Hikes
DesMoulins, A.	F	1	5	1			
Drew, Wally	F	3	12	3			
Folkins, Ron	F	1	3	1			
Fryling, Reg	F	2	8	2			
Jones, Dawn	F	3	18	3			
Lavallee, Del	A	1	2			1	
Loundes, D	F	1	6	1			
Moran, Tony	F	2	6		2		
Noer, Gert	F	2	7	2			
Reid, Dave	F	3	21	3			
Schleinich, J	F	24	116	24			
Sinclair, A	F	5	53	1			4
Sobon, June	F	1	3	1			
St. John, Bob	A	3/5	13	3			
Twelker, Wilf	F	1/4	4	1			
Weger, Darlen	F	1	2	1			
TOTAL:	16	60	279	47	2	1	4

Table 2
 Comparison of RMRA Activity
 January to March 1992

	1993	1992
1. Total Trips	54	50
2. Total Person Days	279	248
3. Dominant Type of Trip (persons)		
. Total Day Hike	4/45	21/161
. Total X-C Ski	47/226	21/159
. Total Downhill Ski	0	6/ 29
4. Average Trips/Coordinator	3.4	3.3
5. Average Person Days/Coordinator	17.4	25
6. No. of Coord. with 5 or more Trips	2	4
7. Number of Active Coordinators	16	15

Noticed? The best way to drink grapefruit juice is by yourself.

The following is the *summer* portion of the new equipment guide:

SUMMER DAY TRIP

CLOTHING TO WEAR	NECESSITIES	ACCESSORIES (optional)
light wicking undershirt (polypro)	pack (packcloth, cordura) with hip belt	lip balm
long sleeve shirt (pile, wool)	lunch/snacks	shoes/clothing to wear in the car
windproof shell jacket (with hood)	water (at least 1 litre)	camera, binoculars
long pants (wool, light shell)	sunglasses (uva, uvb)	toilet paper
thin and thick socks	sunscreen (#15 +, uva, uvb)	whistle
proper boots	emergency food (power bars, granola bars)	note book with pencil (also a fire starter)
CLOTHING TO PACK	pocket knife (with accessory blades)	piece of foam to sit on
windproof/water resistant pants, jacket	matches (waterproofed, windproofed)	headband
warm sweater (pile, wool)	flashlight/head lamp (with spare batteries)	umbrella (for trails on wet days)
extra socks	first aid kit (see below)	light runners (for crossing streams)
toque, warm mitts	repair kit (see below)	walking stick (collapsible)
tough gloves for bushwacking		insect repellent
sun hat	maps, compass, altimeter (coordinator)	gaiters (to keep nasties out of boots)

FIRST AID KIT - Participant	REPAIR KIT - Participant	OVERNIGHT TRIP - Participant
bandaids, 2-3 pressure bandages	needle and thread	<i>all day trip items plus:</i>
moleskin	strong tape (fibreglass, duct, hockey)	sleeping bag (0 deg summer)
gauze		insulating pad (Ensolite/Thermorest)
2" or 3" adhesive tape		cutlery, bowl, mug
tweezers		toiletries
scissors		camp booties
strong pain killer (ask your doctor)		extra sweater, socks, underwear
personal medication		food (with cache cord)
FIRST AID KIT - Coordinator/Group	REPAIR KIT - Coordinator/Group	OVERNIGHT TRIP - Group
triangular bandages (2 of 40")	pliers/vice grips	cooking pot set
tensor bandages	wire	stove
field dressings	cord	fuel (150 ml/person/day)
antiseptic		tent, fly, poles & pegs
safety pins		extra fly
first aid book		saw

This information is to provide guidance to people new to our club and to serve as a reminder to club members. Ideally you want to carry a light pack but still feel comfortable after asking yourself the following questions:

1. Am I prepared for cold and/or wet weather (in all seasons)?
2. Am I prepared for an unplanned night outdoors?
3. Do I have adequate equipment for this trip?
4. Am I prepared for equipment failures?
5. Am I prepared for first aid to myself or others?

With careful thought to selecting the right clothing and other basics you can be prepared and still have a reasonably light pack.

How do you prepare for a day trip that starts out in the cool shade of a valley forest and ends up on a hot sunny ridge? How do you keep cool while climbing a steep trail, yet keep warm for a rest stop? The answer is to wear *layers* of clothing rather than that one favorite warm city garment.

Wicking Layer (to keep your skin dry)

Light garments (socks, undershirt, long johns in winter) next to your skin should wick perspiration away to the insulating layer above. This helps to alleviate that clammy feeling from damp underwear and keeps you warmer during rest stops. Synthetics (such as polypropylene-polypro, lifa, capilene etc.) are light, wick well and dry quickly. Fine woven wool keeps you warm even when wet. Cotton does not wick and does not keep you warm when wet, however on hot days it does provide good ventilation.

Insulating Layer (to keep you warm)

This is the layer, or layers that provides the warmth. 'Fuzzy' pile garments (fleece) are light and dry out quickly. Wool is also good at staying warm when wet. Down garments provide excellent insulation but must be kept dry.

Shell Layer (to repel the elements)

This is a thin tough layer to keep out the elements. Nylon is tough but not very water resistant. Coated nylon resists water but does not breathe as well as new materials such as GoreTex or Microft. A shell without insulation will be lighter to carry and more versatile for warm or cool weather. Use your insulating layer to keep you warm.