

# THE PACKRAT

RMRA Newsletter July 1994

1954 - 1994

CELEBRATING 40 YEARS OF RAMBLING!!

ACTIVITIES:	Hiking, Backpacking, Climbing, Skiing, Cycling, Canoeing, Mountain-Biking, Snow shoeing, Educational and Awareness Programs, and Social Functions
MEETINGS:	Weekly, Wednesday evenings at 8:00 PM at Rosemont Community Hall 2807 - 10 Street N.W.
MAIL:	P.O. Box 3098, Station B, Calgary, AB T2M 4L6
TRIP INFO:	282-6308 RMRA Hotline and at meetings

## RMRA EXECUTIVE 1993 - 94

PRESIDENT	Bob St. John
VICE PRESIDENT	Ken Scott
TRIP COORDINATOR	Reg Fryling
TREASURER	John Schleinich
SECRETARY	Anne Moran
SOCIAL DIRECTOR	Anita O'Reilly
PROGRAM DIRECTOR	Barb Mitchell
NEWSLETTER EDITOR	Marianne Wolters

President's Message.....	Bob St. John.....	page 1
Summary of Executive Meeting.....	Anne Moran.....	page 2
Grand Canyon & Beyond.....	Alice Laughton.....	page 3
Summer Bus Trips.....	Wally Drew.....	page 4
The Ramblers' Song.....	Wally Drew.....	page 4
Many Springs Mystery Man.....	Art Davis.....	page 4
Alistair Des Moulins: A Profile.....	Reg Fryling.....	page 5
Apricot Squares.....	Barbara Mitchell.....	page 5
Reunion Celebration.....	Anita O'Reilly.....	page 6

## PRESIDENT'S MESSAGE

The summer season is off to a good start, with relatively sunny weather and an interesting program of events. The turnout of guests to our open house was outstanding, showing that there is an interest in the public for a club such as ours. I hope that many will become members and in turn contribute to the well-being of the club. Thanks to Anita for making sure things went smoothly. Also thanks to those who contributed to the baking contest; perhaps this initial event will inspire others to show off their skills next time.

The highlight of the 40th anniversary year will take place on the 16th and 17th of July, with a Stampede breakfast with memories of the past on Saturday, and a Mt. Allan Centennial Trail hike and potluck dinner on Sunday. The Centennial Trail was established by the Ramblers for Canada's 100th birthday in 1967. We also have two bus trips planned and organized by Wally Drew, in conjunction with the Foothills Nordic Ski Club. These are always popular and offer a chance to do longer trips without having to return the same way.

An interest has been shown for the establishment of a standing committee to look into issues relevant to club members. The park fees issue was one that concerns all of us, and the feedback to the letter/questionnaire I made up for members to fill out was positive. I personally do not think the club should take a political stance one way or the other on issues, but I feel a committee could provide information at Wednesday meetings or in the PackRat, and put together a letter similar to the fees issue letter, and allow members to present their views on the subject in a confidential manner. Their responses would be sent to parties in power who may be swayed by public feedback. I already have two members interested in being on this committee, and I invite others to contact me if they too are interested.

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**SUMMARY OF EXECUTIVE MEETING  
OF ROCKY MOUNTAIN RAMBLERS ASSOCIATION  
HELD AT ROSEMONT COMMUNITY HALL  
1 JUNE 1994**

The Minutes of the meeting held on 20 April 1994 were read and approved.

There was no business arising from the Minutes.

**PackRat Editor**

Marianne Wolters said there was no new business, but still requires articles for the next issue.

**Programs**

Barbara Mitchell said a talk had been arranged for some time in July by Steven Pederson who had climbed Mount McKinley in Alaska. Barbara also suggested an honorarium be given to speakers from outside the club. A discussion followed and it was decided that this suggestion be put on hold until the fall.

**Social**

Anita O'Reilly said that the Open House will be held on the 29 June 1994 and she is going to make a notice that can be displayed at various locations. Ken Scott is going to look after the notice to be put into the "Neighbours" magazine. A few members will give various talks, and a baking contest is going to be announced.

For the Stampede breakfast Anita said that the registration forms were beginning to come in, and hopefully, we will get some idea of the number of people who will be attending before the deadline. Anita also asked if she could have permission to rent a grill to use at the breakfast, if there are 60 or more people going to attend, so we could accommodate this number. All were in favour.

Ken Scott said that Bruce Patterson of the "Herald" may come to the Stampede breakfast.

The annual car camp is arranged for the weekend of September 17/18. The fees for the group camp have been increased, so costs will be more this year.

**Awards Dinner and Dance**

Anita had received a number of quotes from various places, and the best, in view of cost and location was the Calgary Winter Club facility, which hopefully would come out at below \$30.00 per person. Anita is going to book the Annual Dinner and Dance at the Winter Club for the 28 October 1994.

**Treasurer**

John Schleinich stated that the reason the telephone bill was \$45.00 was because we had a commercial or an association line hooked into the hall. The Yellow Pages advertising is included in the price we pay for our hookup and we will leave this as it is. It would be cheaper if we did have our number at a private residence. There was some discussion about whether we should move the message machine to a private residence, but this decision was deferred to next meeting.

John also mentioned that as a lot of members to attend the meetings, but just go on the hikes, Coordinators could collect the membership fees from these potential members, and the new members could sign the release form at a later date. All were in favour.

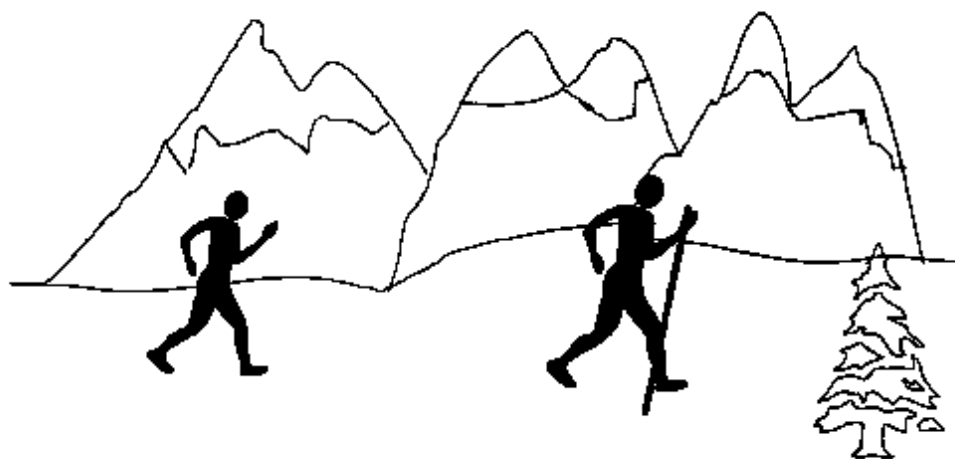
There are now 130 paid up members, in total 144.

**President**

Bob St. John said he sent around a survey to see how many people would be interested in purchasing a crest for \$5.00. As there seemed to be enough interest, he made the motion that we purchase 50 new crests. Seconded by Anita O'Reilly, all in favour.

The next committee meeting will be held on the 6 July 1994 at 7:00 p.m.

There being no further business the meeting was adjourned.



**Commemorative  
Mount Allan Hike/Work Party**

**July 17, 1994**

**Time: T.B.A.**

Pot Luck Dinner to follow at Opal Centre  
(Please bring a dish to serve 6 people)

To register call: Anita O'Reilly



*Reunion Celebration*

# **STAMPEDE BREAKFAST**

**Saturday - July 16, 1994**

**10:00 a.m.**

**Rosemount Community Hall  
2807 - 10 Street N.W.**

Stampede Breakfast - \$5.00 per person

**The Stampede Breakfast will be followed by a  
"Memory Lane Afternoon"  
Visiting, photo displays and slide shows.**

**Pack a lunch if you wish to  
join an afternoon outing.**

To register call: Anita O'Reilly

**COME JOIN THE FUN**

## GRAND CANYON AND BEYOND

Alice Laughton  
"The Happy Hiker"

On April 6th, a typical early spring day in Calgary, my traveling companion and I loaded up our Jeep Cherokee and headed south towing our Jayco tent trailer. We were both looking forward to warmer temperatures and to our first hiking experiences of the season. Our first destination was the South Rim of the Grand Canyon, which we reached on our third day of travel through some interesting, diverse countryside.

Before leaving, I had obtained lots of useful information on the Canyon (being an employee of AMA has its advantages!!). However, even though I had spent many ours poring over all of the maps, tour books, pamphlets, etc., nothing could prepare us for what we felt at the first sight of "THE CANYON" - it truly is breathtaking and there are no pictures that can capture its immensity. We could now truly appreciate why the Grand Canyon is considered one of the seven wonders of the world! We spent four exciting days trying to absorb all of the sights and experience the unique and challenging hikes the Canyon has to offer.

The weather the first two days was cool and unsettled, and we actually woke up each morning to fresh snow, which did melt during the day. Our first hike down into the Canyon was a 4.5 mile trip down the Bright Angel trail to Indian Gardens. We soon discovered that, even though the temperatures are cool on the Rim, they quickly change once you start descending into the Canyon - by the time we reached the Gardens it was very pleasant. The vegetation also indicated a much milder climate. Cacti and flowering fruit trees made us feel like we had arrived in a different part of the world. After a couple of more days of hiking along the Rim itself (and Eric tackling a round trip down Bright Angel, across Tonto Platform, and up North Kaibob trail) we finally felt it was time for our "big hike" - a trip down to the floor of the Canyon - Phantom Ranch being our destination - and back up on the same day. We had talked to several people about this challenging trip and of course had some reservations; mainly because of my unpredictable knees, and also because there are warning signs posted everywhere not to attempt to do this trip in one day.

The "big day" we awoke to sunny blue skies and felt this was a good omen! With eager anticipation we headed to the North Kaibob trailhead and I started my descent - Eric then headed over to the Bright Angel trailhead with our vehicle. Our plan was to rendezvous at Phantom Ranch where I arrived after a truly spectacular descent, taking almost 3 hours. 45 minutes later Eric arrived after hiking down Bright Angel to Tonto Platform and across to North Kaibob and down (his total distance was about three miles more). After a pleasant lunch break at Phantom Ranch it was time to face the real challenge - the climb back up!! The temperatures were in the high 80's Fahrenheit which felt hot enough for us! This was a difference of about 20 degrees from the top of the Rim. We were both very glad we were not tackling this climb during the summer months when the temperatures can reach well over 100 degrees F. We took the recommended route back up, which is the Bright Angel trail; a distance of 9.5 miles. Eric being the fittest was back up in 4 hours while I, not having too much more difficulty, was back up in 5 hours - admittedly the last 3 miles I had more and more "drink stops"! We were both very pleased that we had met the challenge without any real difficulty; however, it is not a trip I would recommend during the summer heat!!

Having had a thoroughly enjoyable hiking experience at the Canyon, it was now time for us to move on. The next day we headed south through Flagstaff to Sedona. We really were now into summer weather - hot, sunny days and warm evenings. We camped by a pleasant little stream and once again were treated to some spectacular scenery. The rock formations are very bright red and are especially beautiful as the sun is setting. There are also many hiking trails in the area. We decided the next day, after we had arrived, to tackle the longest, highest hike in the area - Mt. Wilson - this only took us about four hours so we then hiked into Boynton Canyon to complete our day.

The next morning we packed up and were on the road again, heading west this time to Vegas. We spent most of our time by the pool vegging out, and we also spent a few hours in some of the casinos, which we found to be a real culture shock and so artificial after all of the natural beauty we had been experiencing!

After our little rest we were anxious to get back on the hiking trails once again, so it was off to Zion National Park. Once again our senses were truly shaken by the spectacular scenery we were experiencing. Zion has many magnificent sheer cliffs, interesting rock formations, and canyons to explore. We were able to take in most of the hiking trails in Zion in two very full days and found them all to be very well maintained and easy to hike. Observation Peak and Angels Landing were the most challenging and both offered magnificent views from the top overlooking the Zion Canyon. Our last day of hiking was a short trip down into Bryce Canyon which was again a well worthwhile place to see - very, very beautiful, with the most colourful and different rock formations of all the places we had seen.

It was now time to head home - we both felt a little sad to see our trip coming to an end. We had found all of the hikes to be so unique and the scenery so beautiful and different everywhere we went that it was going to be difficult to come back to reality once again. Since coming back, I have taken in a couple of great hikes with the Ramblers and once again am appreciating (perhaps even more than ever) the very best hiking in the world. However, I now know that there are other wonderful places to hike besides our rugged mountains, and am already looking forward to my next trip! In the meantime, I hear there is a trip up Grotto Mountain with Art Davis on Sunday - you can count me in!!

## SUMMER BUS TRIPS

Wally Drew

As usual, two bus hiking trips will be offered this summer. These are joint trips with the Foothills Nordic Ski Club. (Meet new people.) Going by bus enables us to do a circuit hike, getting off at one end and being picked up at the other end without a car shuttle. Various options are offered to suit the hiking levels desired by most people. We collect the money (usually \$10) on the bus and need a definite rain or shine commitment from each person in advance. So sign up when you are sure you can come.

Sunday, July 10: Buller-Galatea Circuit: Start near Spray Lakes Reservoir and hike trails over Buller and Guinn Passes, and down through flowery meadows and out Galatea Creek to Kananaskis Highway. Optional side trips, mainly off trail.

Sunday, August 7: Ochre-Tumbling Pass - Numa Circuit: Hike up Ochre and Tumbling Creek Trails in Kootenay Park, enjoy alpine flowers and glaciers around the pass and finally out Numa Creek Trail. Optional side trips to Wolverine Pass (on trail) and ridge (off trail).

## THE RAMBLERS' SONG

Wally Drew

This being our 40th anniversary year, it would be appropriate to know and sing the Ramblers' Song, written in the mid 50's. The tune is that of the real "Spring Time in the Rockies". Ramblers' version:

When it's spring time in the Rockies  
And it's 99 below  
The Ramblers all hike barefoot  
In the cold and drifting snow.

The grizzly bears get sunburned  
And the marmots sing all day  
When it's spring time in the Rockies  
In the Rockies far away.

## MANY SPRINGS MYSTERY MAN

Art Davis

Earlier this spring, I coordinated a hike in Bow Valley Provincial Park; a portion of this hike was on the loop trail to Many Springs. There are a few interpretive signs along the trail, at the start of the trail the first sign states that a traveller went through here in 1860 and the signs have excerpts from the traveller's journal. Also on the signs is a picture, supposedly of this person. I had previously walked on this trail and was certain I had seen the picture depicted on the signs.

I got a book from the Public Library about James Hector, who was accompanied by Eugene Borgeau on the Palliser Expedition. I thought the picture was one of Borgeau, but it wasn't. The expedition went up the Bow River in early August 1858, but they were on the opposite side of the river from present day Bow Valley Provincial Park, so it was none of that expedition that went past Many Springs. Suddenly it dawned on me where I had seen the picture of this "traveller"; I looked in the Diamond Hitch by E. J. Hart and found the identical picture that was used on the interpretive signs. It was the picture of Jean Habel; he couldn't have been the 1860 traveller, as his first trip to the Rockies was in 1897 on the C.P.R. He was noted for exploration of the Yo Ho Valley.

I went to the Bow Valley Information Centre, but the Park Interpreter could find no record of who this 1860 traveller was. I had submitted an article to the newsletter of the Trailminders of the Bow Valley in the spring 1994 edition asking if anyone had an answer to this question.

On May 31st, I received a phone call from Eric Kuhn on the Bow Valley Park staff; he had seen the article and had the answer. There never was an 1860 traveller, the picture of Jean Habel was chosen because he looked the part. The notations from the traveller's journal are just fiction, but suitably describe the various areas along the trail. So the mystery is solved; I thought 1860 was a bit early for casual travellers through that area, as even the Hudson Bay Company had given up operating Bow Fort in that area, due to losing a few of the staff to hostile Indians.

## ALISTAIR DES MOULINS: A PROFILE

Reg Fryling

Alistair was born at Grangemouth, Scotland on January 19, 1952; but grew up in southern England, where his innate desire to explore found him drawing map records of his first explorations of the village streets by bicycle. His curiosity found him trapped on a few rocks sticking out of the rising tide on an all-but-buried headland while his parents watched helplessly from the distant shore. Perhaps influenced by his father, he chose to pursue mathematics and statistics; and possibly because of his mother, and her father who had farmed and forested in northeastern Scotland, he picked the University of Edinburgh - noted for its excellence, but also close to the relatively wild Highlands. He took advantage of course options to study in other areas such as physical geography and meteorology, and played flute in two orchestras, sang in two choirs, and went to the mountains on weekends.

After graduation in 1974 he worked with Scottish Agricultural Industries as a distribution manager first, and later worked with computers in Edinburgh - a lifestyle he was reasonably happy with. Life may have gone along that way if it hadn't been for a series of events. A planned holiday in New Zealand was doomed by a shortage of funds due to the sudden and expensive illness of his trusty four-wheeled steed. He was, however, able to manage a trip to Canada as well as repairs to his car. He visited relatives in the Calgary area, and waded around in the spring snow at Lake O'Hara, spending an unplanned night in Abbot's Pass Hut huddled under a worn wool blanket waiting for the wet snow avalanches to subside and eating old porridge. Upon his return to Calgary, a chance visit to an open house regarding computers landed him with an unexpected job offer, which he, no doubt influenced by his exposure (no pun intended) to the Rockies, eventually accepted.

He arrived February 13, 1982 as a landed immigrant and joined the Ramblers soon after; his first ski trip being Baker Creek on light equipment. The formidable backpacking team of Alistair and Dick Jull took seed on a trip to Aylmer Lookout that May, resulting in an array of wilderness backpacks in the eastern Rockies. His first ten thousand foot peak was Mt. Coleman, with Dick in August 1982. That area is especially memorable to Alistair as he did it again in 1988 and describes it as "a key trip with Gail", who became his wife, and companion on the average of 35 to 40 backpacks per year he's accustomed to. A backpack to Lunette Lake, and the unplanned ascent of Mt. Assiniboine (more in a later article) in 1985 stand out for both of us as a trip of surprises. I was impressed then, and on other trips, by Alistair's route finding skills. He considers all the trips as great, but the longer trips seem to stand out even more; such as a week long trip in the Mt. Robson area where the sheer bulk of Mt. Robson dominated everything.

Finding new two-day backpacks from Calgary becomes increasingly more difficult, but he says lots of new longer ones are still waiting to be done. He and Gail would also like to explore more in B.C. As the years pass, his focus is changing from objectives to the whole process or journey, whether it be on trips, or otherwise. Much of the pleasure is in the doing.

Alistair has served on the Rambler executive as treasurer, trips chairman, president, and active past president. He has also represented the club at CAOC meetings several times, and generally takes an active interest in the activities of CAOC. He is presently on the Environment Committee of the Alpine Club and has, with a couple of others and the blessings of the City, initiated bike path snow clearing along the Bow River pathway by towing a small plow behind the bike. Needless to say, he commutes by bike all year round. Quite a few of his backpack trips are announced at Rambler meetings, and always have a wilderness feeling to them - a real opportunity!

## APRICOT SQUARES

Barb Mitchell

This recipe was the winner in the baking contest at the June 29th Open House.

3/4 cup dried apricots - chopped fine	1 tsp. grated lemon rind
1/2 cup margarine or butter	2 eggs - lightly beaten
1 cup flour	1/4 cup lemon juice
1/4 cup icing sugar	1/2 tsp. baking powder
1 cup sugar	1/4 tsp. salt

Soak chopped apricots in boiling water for about 10 minutes. Drain well.

Combine flour, margarine, and icing sugar. Cut in butter until mixture resembles coarse crumbs. Press into a 9" pan and bake at 350 until golden brown (about 10 minutes).

Mix (by hand or mixer) granulated sugar, lemon juice, baking powder, salt, and eggs. Stir in chopped apricots and grated lemon rind.

Spread mixture over baked crust and bake (again) at 375 for about 20 minutes. Edges should be brown and the middle should be sticky (as opposed to runny). Cool then cut. This is best made a day in advance.