

# THE PACKRAT

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**APRIL 1996**

Hiking, Backpacking, Climbing, Skiing, Cycling, Canoeing, Mountain-Biking, Snow Shoeing, Educational and Awareness Programs, Social Functions.

**MEETINGS:**

Weekly, Wednesday evenings at 8:00 p.m.  
Rosemont Community Hall, 2807 - 10 Street N.W.

**MAIL:**

Rocky Mountain Ramblers Association  
c/o Calgary Area Outdoor Council (CAOC)  
1111 Memorial Dr. N.W.  
Calgary, Alberta  
T2N 3E4

**TRIP INFO:**

282-6308 RMRA Hot-line and at meetings.

## **RMRA EXECUTIVE 1995 - 1996**

**PRESIDENT**  
**VICE PRESIDENT**  
**TRIP COORDINATOR**  
**TREASURER**  
**SECRETARY**  
**SOCIAL DIRECTOR**  
**PROGRAM DIRECTOR**  
**NEWSLETTER EDITOR**

Bob St. John  
Ron Hunter  
Marianne Wolters  
Anita O'Reilly  
Darlene Weger  
Sheila Quigley  
Carol Perkins  
Linda Eastwood

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## PRESIDENT'S MESSAGE

by Bob St. John

Unseasonably warm weather has sure made many of our favourite ski trails into skating rinks or worse. A late February trip up Lady MacDonald brought out a large group of pent up hikers. Perhaps by the time this issue of the PackRat is out the hiking season may be upon us. But for those of us (myself included) who think spring is the best time to ski there are still good times to be had on the commercial ski hills or high up on the Wapta, etc. The club also had a number of interesting multi-day trips this winter. See an article about these trips elsewhere in this issue.

The Safety Committee held several forums as Wednesday night programs this winter. The forums are informal discussions among club members moderated by two Committee members. The topics have included "New Members/Novice Members", "Trip Ratings", and "Group Management". These forums give a chance for all club members to voice their opinions or to listen to others. The feedback from those who attended has been very positive. For those who couldn't attend summaries will be available for insertion into your Members Manual early this summer (There I go giving out deadlines again!). Many thanks to the Committee members who put their time into these forums. It is not easy to get up in front of your peers to guide the discussion. I believe the club benefits from their work and that this process is well worth the effort.

In the last PackRat I related how an informal group of ski clubs has been meeting to work on some common issues. A rating system for ski trips is coming together nicely. All I will say at this moment is that it would allow all clubs to agree on a common rating system, yet allow each club to keep and adapt their own familiar rating scheme. The results of this collaboration should be ready for individual clubs to consider later this spring.

Happy hiking, or skiing, or both!



### PHANTOM SKIER

*Knows all...sees all  
He's everywhere!  
He's everywhere!*

"L: I finally saw part of Mount Assiniboine."

"B: Which part; the "ass" or the "boine"?"

Mount Assiniboine Trip, February 21-25, 1996

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## PROFILE OF A RAMBLER

### - Reg Fryling -

by John Schleinich

From the long list of Ramblers I enjoyed the great outdoors with, Reg is one special person I will always remember. Probably because his trips were unique, exciting and out of the ordinary. I don't believe he ever followed trails and was forever ready to explore new ways, either going up a peak or coming down. Especially down.

To me, Reg and the peaks are synonymous. I really think there should be a peak named after him. As a matter of fact there is one mountain, visible from Calgary, that I personally think of as Reg Fryling's mountain: "The Devil's Head" (I don't like it's proper name anyway).

He took me up there, me and a dozen more Ramblers on a route very difficult and treacherous. He did not lose a single person, which speaks highly of his expertise as a Coordinator. I remember as well Mt. Fable, Phantom Crag, Lorette, Lady McDonald (the real top) and many more, all of which brought me a great deal of enjoyment and excitement.

Reg is an excellent leader, skillful scrambler and climber and incredible skier. All of which is superseded by his friendly attitude, gentle approach and helpful hand. I never saw him irate or inconsiderate, at least not by my standards, nor do I know him ever refusing a helping hand.

He joined the Ramblers in 1984, while still living in Sundre where he taught school. He became Coordinator "almost" instantly, and started to lead trips before moving to Calgary. He came to Calgary after early retirement, in 1990. Immediately he started to work for the club, first as a Program Director and then he served as President for two terms, in 1991 and 1992. In 1993 he took on the position of Chief Coordinator for two more years.

Reg knows the mountains and the great outdoors. He has years of experience in negotiating narrow ridges and steep cliffs. One remarkable achievement has to be his climb of Mt. Assiniboine. Three Ramblers: Reg, Alistair DesMoulins and Dave Ladouceur on a camping trip, decided to do some exploring of the South and North wall of this huge mountain, starting late in the morning. It resulted in a major traverse of an ice field and finally, not willing to abandon all the progress made, a climb to the top.

I heard the story in greater detail than described here, and have to admit it is fascinating. Getting to the top at 6:00 p.m., enjoying the views for an hour on the top, got them back to the ice field at dusk and down the mountain in total darkness, arriving in the camp at 3:00 a.m. in the morning. Mt. Assiniboine is not an average run of the mill mountain. With nearly 12,000 ft, it is the highest mountain in the Southern Rockies and the sixth highest in the Range.

Reg has a soft spot for ridges. Unforgettable for me, was his traverse of Nihahi Ridge from the South to the North. Nothing too demanding, but a beautiful adventure. One of those fantastic times when everything worked together to create a perfect day: pretty scenery, superb weather, small but stimulating challenges and above all the terrific company of wonderful friends.

Reg is a great asset to our club. An experienced Rambler you want to have around in, or out of trouble.

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## HIGH ON YOUNGS PEAK

Repeatedly that night, I asked myself, how was I going to get down the steep part of the mountain? Then Gert's alarm clock interrupted my dreams and I realized that this was the day we were going to climb Youngs Peak!! I dressed quickly by the light of my headlamp, made my way carefully down the steep stairs, then to the outhouse. There were stars in the sky - another clear day! Back inside the Wheeler Hut, the smell of coffee finished the wake-up process, and I started to get excited (and apprehensive). I had never done anything like this before: 1575 m of vertical ascent and descent on skis.

Dave Mulligan (Coordinator), Bob St. John, Gert Noer, and myself had come to Rogers Pass for four days of skiing. The first day had been perfect. With blue skies and comfortable temperatures, we had skied towards Sapphire Col, but stopped short of the col because of recent avalanche activity. On the decent, I skied better than I ever had before, with my new telemark skis. My confidence level was up and when, that evening, another group staying at the hut described their ascent of Youngs Peak, I was as eager as everyone else to try it.

Six of us started out at first light: the four Ramblers, Janez, a powerhouse from Vancouver, and Carmie, the hut custodian and member of the Calgary Section of the Alpine Club. We ascended into the Illecillewaet Valley, then climbed gradually, still in the trees. After a while, we realized that we were slightly off-course and made a detour to the proper route. This cost us about 1/2 hour. Then the climbing began in earnest! The week before the trip, I had worked hard to develop my climbing muscles, and this paid off now. Carmie was not as strong a climber as me (but she sure had me beat on the downhill!), so I soon settled into second to last position, and took frequent short breaks, keeping her in view. Behind me, the view was incredible, and stretched for miles. One time when I caught up to Bob, he showed me the route he had taken up Avalanche Peak last summer, then pointed out the ridge of Mt. Sir Douglas that he said looked feasible. On a day like this everything seemed possible! Up ahead, the lead alternated between Gert and Janez. Janez really stood out on the mountain - he wore a one-piece orange fleece suit (anyone who skis downhill in fleece doesn't fall very often!). He had light alpine touring skis with alpine bindings, and lifted his legs high and strode purposefully up the mountain as though he owned it!

We climbed on, keeping to the right of the Illecillewaet Glacier. Behind, the view grew more spectacular, ahead the ridge remained elusive. Eventually we climbed onto the toe of the glacier then, about 5 hours after leaving the hut, the last of the group reached the crest that connects to Youngs Peak. We found a semi-sheltered spot for our first sit-down break! By now there was a bit of wind, and some cloud.

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We then traversed the crest and had a good look at the steep upper portion of Youngs Peak that we would have to descend. One of my knees was twinging occasionally and I had stabbing pains in my thigh; the new boots were heavier than I was used to and I had already had a fair workout! We then had another break while we sized up the final portion of the ascent and made note of the large cornice on the backside of Youngs Peak. By now the views were even more spectacular - a 360 degree panorama! The earlier clouds that had threatened were gone. We were at about 9000' and I was ecstatic (successfully ignoring my mounting apprehension). Dave asked were we all comfortable with continuing, then off we went. For the trickiest portion, you are climbing on or very close to a cornice. You simply don't want to fall here. When I came to the turns in the switchbacks, I had my ski pole planted as deep as I could to form an anchor if I should slip. The exposure then eased up a bit and we came to the part where we had to remove our skis and kick steps. We put our poles in our packs, and climbed with skis in hand. I told myself that there must be more climbing after this part, even though I couldn't see anything higher. Suddenly, I came up over the last step and there I was on the summit! 9300'! My first winter ascent!! We huddled together for the summit photos, taking care not to wander onto the cornice.

We then skied to the end of the cornice to begin our descent. The first 500' was between 35 and 40 degrees, and wind scoured. Dave said: "I've never skied anything this steep even on downhill skis!" I knew I couldn't carve turns, even with my new skis. Janez said he would wait at the bottom of the pitch, then started down. He pointed his skis downhill, then planted his pole, jumped and turned, then continued in this fashion, descending in almost no time. The rest of us were looking for a different technique. Dave suggested kicking steps, facing inwards. I considered this, but for a 500' stretch, and with no ice axe, was a bit leery. Finally, Bob skied down a bit, then said: "It's really not that bad once you're down here." He proceeded a bit further, then repeated: "It's really not that bad!" One by one, we followed him down, making wide zigzags. It really wasn't that bad. Once down this section, I knew that I would make it down, and then the realization that I had climbed Youngs Peak began to sink in. Then my legs also started to hurt again. They had considerably not hurt during the tricky part, but were now showing definite signs of fatigue.

We still had close to 1500 metres to descend. Down the Seven Steps of Paradise, into the Asulkan Valley. As we descended, the snow became softer and less wind scoured. I discovered that, while I was able to carve turns, I was still far at the back because I was uncomfortable going fast - I made 4 turns to everyone else's 1 turn. At one point, Dave said: "This next section is interesting - trees and a ridge." It was much more than merely interesting by my standards. By this time, various parts of my body were screaming at me that they had had enough. I was skiing as fast as I could, but my progress was slow, and everyone waited patiently (thanks!). I made it back to the hut in daylight: 7 hours up and 3.5 hours down. Usually I

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have some energy in reserve at the end of a trip, but this time it took all I had just to take off my skis, pack, and boots.

Inside the hut, Dave broke open the wine and we toasted our success. We had completed one of the classic ski tours in the Canadian Rockies! It was my turn to cook, but I was so drained that I just laid out some cookies and trail mix for appetizers and proceeded to sip water for an hour before I had the energy to visit the outhouse and then change into dry clothes. Eventually we had our celebratory meal, with more wine, and I quickly became light-headed and kept exclaiming about the panoramic views, and hadn't it been spectacular, and how from now on whenever I drove through Rogers Pass I would be staring out the window saying "I was there! I was up there!"

Two days later, on the other side of the highway, we climbed Balu Pass, with views of Youngs Peak. I was still high from the original climb, but this view just enhanced the high. Driving back to Calgary, I was examining a map, looking at where we had been, and making suggestions for where we should go next time. There's not stopping me now!

**KEN'S QUOTABLE QUOTES**

"There ain't no surer way to find out whether you like people or hate them than to travel with them."

- Mark Twain

"What some people mistake for the high cost of living is really the cost of living high."

- Doug Larson

"People who think they know everything are very irritating to those of us who do."

- Anonymous

**POLITICALLY INCORRECT CHUCKLE OF THE SEASON**

Heaven is where:

The cooks are Italian  
 The lovers are French  
 The police are British  
 The mechanics are German  
 And everything is organized by the Swiss.

Hell is where:

The cooks are British  
 The lovers are Swiss  
 The police are German  
 The mechanics are French  
 And everything is organized by the Italians.



**KEN PARK**  
 MLS Realtor

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# BANFF BOW VALLEY STUDY - ROUND TABLE -

submitted by Banff Bow Valley Study

## Sector Chairpersons/Representatives

<u>SECTOR</u>	<u>CHAIRPERSON</u>	<u>PHONE</u>
Commercial Visitor Services	David Hutton	522-3733
Commercial Outdoor Recreation	Ladd Snowsell	762-4561
Cultural	Rhonda Allen	678-4846
Environment (Local)	Mike McIvor	762-4160
Environment National	Harvey Locke Mike Going	232-0780 230-5055
Federal Government	Charlie Zinkan	762-1510
Municipal	Ted Hart	762-1200
Park Users	Andre Kerkovius	234-7779
Social, Health, and Education	Lorraine Widmer-Carson	762-2610
Task Force	Bob Page	220-6607
Tourist	Brad Pierce	232-9421
Transportation and Infrastructure	Bill McKeage	678-7256

# DISCOUNTS AND DEALS

by Ken Park

Nordic Ski and MultiSport Ltd  
2 Spruce Centre S.W.  
242-2252

10% discount to RMRA  
members on all regular  
priced merchandise upon  
presentation of membership  
card

Contributed by Ken Park. If other members know of any discounts  
or deals please call Ken at 244-6809

Submitted by Dave Mulligan

There are two ways to ski - stride and glide OR - do the Rambler  
shuffle.

M.

Those are farmer's screws (on seeing D's ski repair kit).

G.

In the early days of the NASA space mission, serious  
consideration was given to putting a woman on board. Why?  
Because pound for pound she compared favourably with an  
automatic dishwasher.

Annon.

He was so tight with his money, he squeaked when he moved.

G.



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# AWARDS DINNER AND DANCE NOMINATION FORM

Please complete nomination form and return to Linda Eastwood by October 4, 1996.

Best or most creative hiking/XC skiing outfit (Whose was it and describe outfit) \_\_\_\_\_

\_\_\_\_\_

Most improved hiker or XC skier \_\_\_\_\_

\_\_\_\_\_

Most interesting thing someone said on a Ramblers trip (who said it and what they said) \_\_\_\_\_

\_\_\_\_\_

Most interesting item found in a pack (whose was it and what was it)

\_\_\_\_\_

Best joke told on a Ramblers trip (what was it and who said it)

\_\_\_\_\_

Best gossip/rumour (who said it and what was it)

\_\_\_\_\_

Congeniality Award:

\_\_\_\_\_

\_\_\_\_\_

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# A VISION FOR THE BANFF BOW VALLEY

submitted by Banff Bow Valley Study

## BACKGROUND

The objectives of the Banff Bow Valley Study are to:

- Develop a vision for the Bow Valley that brings together ecological, social and economic values.
- Complete a comprehensive analysis of existing information and to provide direction for future collection and analysis of data to achieving ongoing goals.
- Provide direction in the management of human use and development in a manner that will maintain ecological values and provide sustainable tourism.

The Banff Bow Valley Study is directed by a Task Force of five experts independent of Parks Canada. To help fulfill its mandate, the Task Force chose to support a broadly representative, shared decision-making process, known as Banff Bow Valley Round Table (the "Table").

The role of the Banff Bow Valley Round Table in respect to the Study objectives include advising the Task Force on:

1. A vision statement for the Banff Bow Valley,
2. The State of the Bow Valley Report.
3. The question of appropriate use.
4. The issue of ecological integrity.

This document includes the product of the Table's work on item 1, A Vision for the Banff Bow Valley, and related recommendations to the Task Force.

## TASK

The Table undertook to develop a vision statement describing a "future desired state" for the Banff Bow Valley which is shared and supported by all those having a stake and an interest in ensuring the valley's long term ecological integrity and socio-economic vitality.

## APPROACH

The Table adopted an iterative approach to develop the vision statement. A working group made up of sector members was designated to help undertake information assembly and integration, preliminary drafting and other background work. The working group prepared a first draft based on:

- A Table brainstorming exercise aimed at identifying the longer term interests and aspirations of participating sectors.
- Existing legislation, policy and international conventions that articulate principles, goals and policies relevant to the work of the Table.
- The previous efforts to develop mission and vision statements within Banff, Jasper and the Four Mountain Block (including the Town of Banff Mission Statement and the work of the "Banff Vision Team").
- A report summarizing the "visions" conveyed by the participants in Phase 1 of the Task Force's Public Participation Program (Fall, 1994).
- The work of other jurisdictions that have undertaken the development of sustainable land use and resource management strategies based on a common vision and the principles of sustainability (including recommendations made by British Columbia, Canada and international commissions, round tables and similar bodies).

The Vision Statement evolved through a succession of drafts, each reviewed by participating sectors and then discussed and revised by the Table. A draft was also shared with those individuals and organizations that made submissions to the Task Force during the Fall of 1994.

*1828 - Pass The Pemmican! Pemmican, the staple food of the voyageur, was a compact and nutritious mixture of dried buffalo meat, fat and Saskatoon berries, sewn into a rawhide sack and sealed with tallow. The average voyageur received a pound and a half a day, which he either ate raw, made into soup or covered with flour and fried. An advantage of pemmican was that it never seemed to go bad.*

*- Hudson Bay Company -*

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## PROFILE OF A RAMBLER

- Bob St. John -

by John Schleinich

He came to us in 1985. We didn't get to know him very well before he left, only a year later. I remember him telling me about leaving Calgary, on our way out, after climbing Mt. Bret. On that mountain I remember Bob the only time strung out between two hand-holds and one foot-hold, over steep rock near the top. Perhaps Bret was one of his first more difficult mountains. He came a long way since.

In 1991, Bob came back to Calgary and fortunately for us, he joined the Ramblers again. He took a strong interest in the club and became very active. First, as an Assistant Coordinator, and a year later as a Coordinator. Bob led many trips. Trips of all categories, from novice to advanced - and was very good at it. His friendly nature and ready smile made him popular with the lady Ramblers, his sportsmanship and good humour made him likeable with the male members. From experience I know, Bob takes great care of every participant on his trips. Occasionally he will stay behind and miss going to the top in order to assist a weak struggler.

In 1992 he was elected Vice President and in 1993 President of the club, a position he is holding today for the third year in a row. Bob has many good qualities as an outdoor's person, which he has proven in snow as well as on rock. He is a competent and conscientious leader in the mountains and a efficient organizer in club affairs. Last year during the club's tragedy, Bob showed his concern and ability to handle difficult situations. In action as well as expression.

His avalanche safety guide and membership manual did not materialize over night. They were the result of careful thought and diligent labour. Excellent work! The avalanche awareness level in our club has been raised to it's proper level, not only due to our mishap but mostly through Bob's labour.

His concern, however, for the members goes beyond safety. The other day, in the car to the trail head he asked a question indicating his care for the well being of all members. His concern this time was about the very few trips called by some Coordinators. To lessen this deficiency, Bob called many easy trips to accommodate everybody, although, I am sure he would have much rather done something more challenging with either our "super jocks", or the Alpine Club of which he is also a member.

Hopefully, we as a club are conveying a positive message to Bob and he realizes how much his good efforts are appreciated. We all know the worth of a dedicated and capable person and I am certain I share the clubs sentiments by imparting to you, Bob a big THANKS.

Try and stay with us, don't get lost in our big beautiful "Outdoors".

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# EXECUTIVE MEETING MINUTES

## January 24, 1996

PRESENT: Darlene Weger, Secretary  
Anita O'Reilly, Treasurer  
Marianne Wolters, Coordinators Chairperson  
Ron Hunter, Vice President  
Frank Stanley, Coffee Shop  
Sheila Quigly, Social Chairperson

ABSENT: Reg Fryling, Past President  
Bob St. John, President  
Linda Eastwood, PackRat Editor  
Carol Perkins, Program Chairperson

### Minutes of the past meeting:

Minutes of the last meeting were not read.

### OLD BUSINESS:

#### Membership Manual:

The initial version is complete. Printing options have been looked at. Motion. Moved by Anita, seconded by Marianne, that Anita have the copies made, with the cost of copying and paper not to exceed \$150.00. Approved.

### REPORTS:

*President:*

No report

*Treasurer:*

Marianne moved we reinvest the money currently invested in a G.I.C. Seconded by Darlene. All in favour.

*PackRat Editor:*

No report.

**Vice President:**

Ron reported that at the seminar last week it was decided that there should be a host or hostess at the front door for all our meetings. It was agreed that we would set up a sign up sheet for this duty starting tonight.

Ron also said he will put together a list of all the courses where we will be using professional instructors and charging a fee. Other clubs are also interested in setting up these courses together to make them more viable. Ron said we are looking for someone to look into club insurance. He will ask at the meeting tonight.

**Coordinators Chairperson:**

Suggested that we include membership notice with the notice for the AGM.

**Programs:**

January 24: Alister's Bow Valley Report  
February 7: Trip Ratings  
February 28: Parks' spokesperson

**Social Programs:**

February 14: Valentine's Pot Luck Supper

Shirley is looking into places and prices for the annual dinner and dance.

**NEW BUSINESS:**

No new business.

**NEXT MEETING:**

Date not set.



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# WINTER 1996 HOLIDAY SKI TRIPS

by Bob St. John

This winter the Ramblers staged 5 multi-day trips staying overnight in hostels, huts and cabins. These trips are not new to the Ramblers, indeed our history shows that the club did many of these trips in the past. In the last few years Wilf Twelker has offered trips to Rogers Pass at Christmas and several trips onto the Wapta. This year Ken Park suggested the club get a Hostel Group Card to enable Ramblers to get member rates at hostels. This has motivated several Coordinators to organize multi-day trips this season. The following are some reasons why this has been a great success.

1. Day trips are the backbone of the club, but there are many areas that cannot be accessed reasonably within one day. Most peoples' tolerance to driving dwindles after 2 to 2 1/2 hours. Multi-day trips extend the range in which we can ski.
2. Some of us cannot wait to go winter camping. Most of us can wait. Staying at hostels or cabins offers rustic yet comfortable accommodation at a reasonable cost. It is nice to keep warm at night, cook meals in comfort, and dry out clothing and boots. Perhaps someday a few of us will graduate to camping in winter. This is a nice transition.
3. You get to know club members quite well in sometimes close quarters. The humour, comments and situations that arise make for entertaining evenings. This 'holiday' atmosphere makes these outings more than just back to back day trips.
4. Some areas that can be visited offer a wide range of trips suitable for different levels of skier ability. A good mix of trips allows a broad cross section of club members to participate, which in turn promotes cohesiveness within the Ramblers.

Here is a brief review of the multi-day ski trips so far this year:

Rogers Pass - Organized by Wilf Twelker (Christmas)

This trip was written up by Dave Mulligan in the last PackRat. Dave and Wilf had a great time with good snow, sunny days, and plenty of great food! Thanks Wilf.

Lake Louise - Organized by Ken Park (January 27-28)

See article on Page 18 called 'Memoirs of My First Ramblers Trip'

Mosquito Creek - Organized by Marianne Wolters (February 3-4)

This was a two day trip with an overnight stay at Mosquito Creek Hostel. Saturday saw nine Ramblers (Marianne, Gert, Dave, Ken, Rita, Mike, Maria, Chris, and Bob) drive up to the hostel and ski the Molar Meadows trip. Sunday was the Dolomite

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Circuit trip (with Wilf, sans Rita and Mike) and the drive home. This was the plan. The Molar Meadows trip was in sunny but cool conditions. A minor navigation error (Ken!!!) deposited us on some great telemark slopes north of Molar Pass (Ken had a secret plan, but his car got revenge for us!). It was a good day with great views. The Dolomite Circuit group had to split in two when Bob's bindings blew out. Despite heroic efforts from Gert to fix the bindings, several escorted Bob back while the others completed the trip. Staying at the hostel makes a lot of sense when doing these two trips. It would be a firesome 6 hours in the car if done in one day. The hostel was such a deal! With our group card and coupons supplied by Dave, we stayed for \$5.00 each! The hostel is well maintained, warm and comfortable. This is a great way to do these popular trips. Thanks Marianne.

Rogers Pass - Organized by Dave Mulligan (February 9-13)

Four Ramblers (Dave, Marianne, Gert, and Bob) headed out to the ACC Wheeler Hut in Rogers Pass on Friday, February 9. Warm weather on the drive out had us worried as to the snow conditions. A stop at the Wardens Office in Rogers Pass informed us of 60 cm of new snow that week, and high avalanche conditions in the alpine, but with a cooling, stabilizing trend coming. The hut is located in the Illecillewaet valley south to the highway and is reached by skiing along an old railway grade for about 30 minutes. The hut is very comfortable with three common rooms and sleeping for 30 upstairs. A propane stove made for easy meal preparation. Rogers Pass offers spectacular skiing that usually involves significant elevation gain. Intermediate to Advanced telemarkers would enjoy this area the best. We made three trips from the hut: Sapphire Col, Young's Peak, Asulkan Pass; and Balu Pass on our return to Calgary. The Sapphire Col trip was cut short before reaching the col due to uncertain snowpack conditions. We had great fun instead on lower telemark slopes. Young's Peak was the highlight of the trip. Snow stability had moderated and we made the peak with 2 other ACC members. The views were terrific for 360 degrees with Mt. Sir Donald and the Illecillewaet Glacier commanding out attention. Asulkan Pass was not quite reached due to whiteout conditions, but we had great fun on the Seven Steps of Paradise. Balu Pass was a nice short tour that offered good views and some telemarking. This was an excellent trip. Thanks Dave.

Assiniboine - Organized by Ken Park (February 20-25)

This trip had the most logistics and organizing; well done by Ken. Seven flew in by helicopter from Mt. Shark (Ken, Alice, Chris, Christine, Linda, and Bob\*2). Unfortunately cloud with light snow impaired the views on the flight in. We didn't spot three Ramblers below who had skied in via Bryant Creek hut the day before (Gert, Marianne, and Dave). An epic attempt at 'pulking' a sled by Gert almost finished him off, saved in the end by a group of us who heard he may have had beer in the load. The ten of us stayed at the Naiset Cabins, rather rustic but comfortable when the 'presto' logs warmed them up. The Assiniboine area offers tours of various levels, several telemark hills, and some summits for peak baggers. The views would have been marvelous, as we saw glimpses regularly in sunny, or less cloudly, breaks. The bonus was that we had fresh powder snow each day! The first trip was to the Nublet for some telemarking, and then on to a tour of Og Meadows. We sneakily followed the trail breaking of a large group from the Assiniboine Lodge. The next day we toured to Wonder Pass with some fun navigation

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through undulating terrain. We split into two groups, one to attempt Ely's Dome and another to practice telemarking on some easy terrain. Day three saw an early group and a relaxed group set off for the Elizabeth Lake circuit. The two groups met at lunch on a hill with a great view and an entertaining telemark slope. The Naiset cabins offered a cozy atmosphere for evening silliness. Forced confessions of 'my worst trip' or 'my funniest trip' brought up subjects for everlasting gossip. Chris entertained one and all with some terrific trumpet playing. Sunday saw us ski out to Mt. Shark on a chilly but sunny day carrying only day packs. We all made good time (7 hours) and ended up at the Drake in Canmore for dinner. There were three ski binding problems. Marianne had her NNN-BC boots disintegrate. Luckily the lodge rented equipment. She was forced to flyout in the chopper - oh darn. Linda and Bob had problems on the way out. Solution: Gert and duct tape! Everyone had an excellent time! Thanks Ken.

# Summa.

Financial talk for environmentally friendly, politically correct, socially responsible.

So, you want to invest your money. But you just can't see yourself buying into a major corporation which may not be environmentally friendly. And you don't agree with the politics of a country half a world away, so you'd rather not put your hard-earned cash there. So how can you be sure where your money goes?

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# MEMOIRS OF MY FIRST RAMBLERS TRIP - BAPTISM BY FIRE -

by Patti MacKinnon

Saturday, January 27, 1996

BURRRR. . . I was so cold in the car on the way up to Lake O'Hara that when we stopped at the Banff Park gate Ken dug a blanket out of the back for me. Warming up slightly I began to look forward to today's trip, wondering what the day would bring and what kind of skiers these people would be.

The ski up to Lake O'Hara was nippy but pleasant with the reward of lunch in the warm and cosy Elizabeth Parker Hut. Coming down was fun but the wind picked up and it was very cold the last half hour or so. If I stopped for even a few minutes, I quickly became very chilled. Mike and I got to the bottom about 25 minutes before the rest of the group with no keys to start any vehicles. I was so cold that the only way I could keep warm was to spend those 25 minutes running madly around the parking lot. Finally the rest of the group was down and it was time to go.

And now for the:

GOOD NEWS:	We all made it down without freezing.
BAD NEWS:	Ken's car wouldn't start.
GOOD NEWS:	Ken had preduently parked his car nose out just in case he needed a boost.
BAD NEWS:	Ken's car STILL wouldn't start even with a boost.
GOOD NEWS:	Tony's car did start and we were going to be able to get to Banff.
BAD NEWS:	We had to leave Ken's car behind to deal with it in the morning.

I shivered all the way back to Banff and the hostel. As soon as we checked in, I grabbed my towel and headed for the shower. Ahhh the hot shower was just what I needed I thought as I washed my hair. In mid rinse the water turned cold and I completed my shower shivering again.

After my shower life became sweet. We had a steaming dip in the hot springs. The hot pool was followed by an excellent supper at Earl's. By this time it was 12:00 p.m. and we were hungry! These Ramblers are definitely GOOD EATERS!!

Sunday, January 28, 1996

Today dawned sunny and hopeful. The hostel has amazing windows with mountain views, something we couldn't see last night at midnight.

As Alissa slept, Mike, Tony and I enjoyed a leisurely breakfast of pancakes and eye-openers in the hostel cafeteria. Tony regaled us with stories of capsizing kayaks without wetsuits in the Queen Charlottes. Meanwhile Ken was bonding with the telephone in the lobby as he dealt with the Catch 22 of having a frozen vehicle in another province. Every thirty minutes or so Ken would update us on his telephone adventures. As he chatted with a woman from the Vancouver office of the automobile club, it looked for a while like a tow truck would be coming in from Golden to rescue Ken's now extremely frozen vehicle. Ultimately sensibility prevailed and a tow truck was dispatched from Lake Louise. Hopefully some time in a warm garage would cure all ills.

Ken and Tony went back to Lake Louise to retrieve the car, leaving Mike, Alissa and me to our own devices for the better part of the afternoon. An in-depth visit to both the book store and the Whyte Museum accounted for the bulk of the day. In addition, we are on a first name basis with the staff at the Jump Start Cafe, having our own table and telephone privileges.

Ken and Tony returned to Banff about 5:30 p.m., we quickly got our things from the Youth Hostel and headed eastward. Back at the arena my car needed a boost (was there any doubt?) and we all headed for home.

What I learned on my First Ramblers Trip

1. I am not suited to skiing at 5:00 p.m. in temperatures below minus 20 degrees with a wind in my face.
2. If you are going to be the first down the mountain, have the keys with you!!
3. The Whyte Museum has over a quarter of a million photographs in the archives. They will make you a copy of any picture they have in the archives for an affordable price.
4. This is a good club, people watch out for each other and are willing to help one another. Even when things got difficult, people kept their cool and dealt with the situation with no blaming or bickering.

THANKS KEN FOR SUCH A COOL TRIP!!

# ATTITUDE

"The longer I live, the more I realize the impact of attitude on life. Attitude to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the Attitude we will embrace for that day. We cannot change our past. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our Attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our Attitudes."



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*Happy Easter*