

THE PACKRAT

ROCKY
MOUNTAIN



RAMBLERS
ASSOC.

AUGUST 1996

Hiking, Backpacking, Skiing, Cycling, Snow Shoeing
(occasionally Climbing, Canoeing, and Mountain-Biking),
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

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VICE PRESIDENT
PAST PRESIDENT
TRIP COORDINATOR
TREASURER
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SOCIAL DIRECTOR
PROGRAM DIRECTOR
NEWSLETTER EDITOR
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Reg Fryling
Marianne Wolters
Anita O'Reilly
Darlene Weger
Sheila Quigley
Carol Perkins
Linda Eastwood
Shirley Tajcna

PRESIDENT'S MESSAGE

by Bob St. John

The Stampede Breakfast was a great success thanks to hosts Shirley and Bill Tajcnar and able helpers Carol Perkins, and Terry and Bob Kaufman. Perfect weather, good food and of course interesting Ramblers made for a worthwhile event (see article in this issue).

The bicycle helmet policy may have saved my noggin after the Breakfast. Gert's mountain bike trip took us by Three Point Mountain which I had never seen before. On two previous attempts at climbing it the mountain had been shrouded in fog and low cloud. Now here it was in full view on a perfect evening, and as the road ahead looked clear I gazed at it as I sailed along the path. A moment later to my horror I saw a log of about one foot diameter lying across the path 20 feet in front of me. The colour of the log matched the ground, and the angle of sunlight didn't help me in seeing it before. With all brakes applied the bike hit the log dead on and stopped immediately. Unfortunately Newtons Laws were still working and I went into full, all be it short, flight. I did a nice Three Point landing; left knee, left arm, and noggin. Other than a bruised knee, I was fine and completed the trip without difficulty. I can't say I wouldn't have worn a helmet without the policy in place, but I am glad just the same we have it. Three points for the mountain, zero for Bob.

There are times when poor judgment mixed with attempts at humour don't go over very well. Those at the receiving end may misread the intent, or may not be in the frame of mind to accept such nonsense. Also there are comments made that just aren't very funny. I have been guilty of this, especially when I am up in front of the meeting shooting from the lip. Humour does have its place, the talent is in finding that appropriate place. I apologize to those who may have been in the line of fire and did not appreciate it. I think in future I will direct more of my comments to myself; I do enough silly things to keep me occupied for the foreseeable future!

UTAH IN MAY 1996

by Dave Mulligan

Southern Utah is the state of desert sandstone and its associated formations. It is home to many national parks including Zion, Bryce, Natural Arches and many others. Mountain bikers are flocking to Moab to do their thing. Hiking is also popular. Spring or fall is the time to go. I decided to sample its attractions last May 1996.

The 1800 km drive was straight-forward: south down the 115 through Salt Lake City (the only traffic) and to the Moab area, a long 2 day drive. Arches National Park was a good introduction to a pattern that was repeated more or less for the next few weeks. I arose with the sun (6:00 a.m.) to secure a campsite permit hopefully with some shade. Already stocked with food and water for several days, I did my main sightseeing and hiking in the morning to avoid the intense afternoon sun and heat (30 degrees C shade by noon, 15 degrees hotter in the sun). The sandstone scenery was

KEN'S QUOTABLE QUOTES

"It is a great misfortune to not have enough wit to speak well, nor enough judgement to keep quiet."

- Jean De La Bruyere

"Having it all doesn't necessarily mean having it all at once."

- Stephanie Luetkehans

"If you want your place in the sun, you've got to put up with a few blisters."

- Abigail Van Buren

"Accomplishing the impossible means only that the boss will add it to your regular duties."

- Doug Larson

"If at first you don't succeed, find someone who knows what they're doing."

- Anonymous

"Confidence - is the feeling you have before you really understand the problem."

- Anonymous



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spectacular with the best photography at sunrise or sunset often using a wide-angle lens to get it all in the picture. The hiking was easy with 1 to 5 mile trips here and there. I wore some old running shoes, no socks. These worked fine but reeked by the trip's end and were thrown away on return to Calgary. Most others wore lightweight hiking boots with socks but some managed in sandals.

After the delights of some of the 2000 Arches with 1 million annual visitors, I moved onto Canyonlands via the excellent Moab Visitor Centre. Two good day hikes in varied rock scenery and a long drive around to the needles section of the park. Here I discovered that all the backcountry sites were (advance) booked for the following week. So I sampled its main attractions with my longest day hike of 16 miles including Dried Arch and Chesler Park.

Moving on south via the Petroglyphs at Newspaper Rock and a day visit to Natural Bridges Park, I arranged for two backpacks in the Grand Gulch Area. Walking through the hot canyons of Fish and Owl Creeks and later Kane Gulch, I was able to admire many of the remaining 1500 year old Anasazi Indian ruins. Situated in the south facing walls of the canyon cliffs, these gave a fascinating insight of earlier life. I also got bad blisters around the toes of my previously comfortable hiking boots. This was probably caused by the heat, which easily topped 30 degrees C shade by noon.

So on slightly north to the Goblin Valley and thence to Frita in Capitol Reef Park. This is a small green oasis left over from Mornan settlement in the last century. The old buildings gave insight into what must have been a hard existence for the 8 pioneer families, but it was the wrong season for fruit from the well tended orchards.

A couple more 8 miles/5 hour day hikes amid the varying scenery of the Frying Pan Trail and the remote Muley Twist Canyon and a drive over a 9000 foot pass brought me to Escalante. Several nights of free (primitive) car camping on BLM (Bureau of Land Management) land and I was in dire

need of a shower. The Escalante State Park provided hot water in abundance and some interesting petrified wood all for \$10. After meeting so many German tourists, it was a change to encounter a couple of guys from Vancouver in Calf Creek.

Here the attraction was an easy creek walk ending at a pleasant waterfall with a deep cool pool where I and others had expected to enjoy a cleansing dip. But the weather had changed and it was only some school kids who braved the icy water while the rest of us hurried back to our cars.

On most of these walks you stick to established trails which are frequently sandy and offer little shade. I was very impressed by the cleanness and the ecological concerns for not wearing the fragile cryptobiotic crust, a living reef-like growth over everywhere. There were many 10-15 feet high trees and bushes including the Utah Juniper and some flowering plants including cactus. Wildlife varied from the common 2-4 inch lizard, rabbits, mule deer and crows to evidence of mountain lion. This latter was very rare and I never saw one nor even a snake. At dusk (8:30 p.m.) I was frequently bitten by something (probably sand flies). So this was a good excuse to retire and admire the magnificently clear night through the tent roof. I rarely bothers with the flysheet for it hadn't rained in nine months. Cottonwoods, 40 feet high and hundreds of years old were often found along the damp creek bottoms, though little running water was naturally available. You carried all for a day hike and heavily purified any found. Water was a serious logistical problem for backpacking, even with the best information available from the local wardens. It was often windy in the afternoon.

I finished my trip with a couple of days at the infamous Bryce Park. Getting there early for the U.S. Memorial Day weekend, I was surprised to find it relatively empty. Situated at 8000 feet, perhaps the later snow and sub-freezing night-time temperatures had something to do with lack of crowds.

But the weather cleared enough for admiration of the park's unique fins, arches and other weird rock formations. Walking on the wet trails was a gluey experience but many photos later I started back home. Highlights

of this holiday in the area bounded by I70 and the Arizona border: varied rock formations and shapes caused by erosion in a desert environment, cleanliness. Right now I'm "canyoned out" but if I return, it would be one month earlier.

I can recommend the following:

1. Hiking the Southwest's Canyon Country by Sandra Hinchman (guide book)
2. A 20+ litre water container.
3. Wide angle lens (28mm?) and plenty of film.
4. Leave pets at home (not permitted on most trails).
5. Medical insurance (from the Alberta Motor Association?).
6. A reliable vehicle (my front wheel drive Dodge Omni got me everywhere I wanted including many miles on gravel roads).
7. Running shoes or lightweight hiking boots and sandals.
8. No socks or plenty of socks.
9. Umbrella (for rain or sun).
10. A reliable stove that burns "white gas (coleman fuel)". I used MSR whisper-lite without trouble and averaged 120mls per day.
11. Bring any special food you like e.g., maesils, decaff tea.
12. Equipment e.g., cooler, water, food, stove, chairs to car camp independently for several days.

DISCOUNTS AND DEALS

by Ken Park

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



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AWARDS DINNER AND DANCE NOMINATION FORM

Please complete nomination form and return to Linda Eastwood by
Septmeber 25, 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:

EXECUTIVE MEETING MINUTES

Meeting was called to order by Bob St. John at 7:04 p.m.

There were 6 executive members present:

Bob St. John	Linda Eastwood
Marianne Wolters	Shirley Tajcna
Ron Hunter	Carol Perkins

and 1 guest:

Frank Stanley

Minutes from the previous meeting were not available to be read.

Old Business

There was no old business brought forward.

New Business

MOTION: Moved by Marianne, seconded by Bob that in order to become a Full Coordinator, an Assistant Coordinator must have a current Basic First Aid Certificate. After a brief discussion of the motion, it was passed.

MOTION: Moved by Marianne, seconded by Ron that any coordinator (Assistant or Full) taking a back country ski trip, must have completed an Avalanche Awareness Course. Coordinators must keep these skills current by attending a formal course or seminar once every three years. After a brief discussion of the motion, it was passed.

MOTION: Moved by Marianne, seconded by Bob that the annual membership dues be increased by \$5.00, with this \$5.00 going into a Safety Educational Fund. After a brief discussion of the motion, it was passed.

MOTION: Moved by Marianne, seconded by Carol that we remove the requirement that a Coordinator be required to take out one trip a year in order to maintain his/her status, and that former Coordinators, who are members, be re-installed. After a brief discussion of the motion, it was passed.

MOTION: Moved by Marianne, seconded by Linda that the requirement to have a quorum present at meetings of the Coordinators' Council be removed. After a brief discussion of the motion, it was passed. This motion will be brought up at the Annual General Meeting as it required a change in our By-Laws.

Discussion was held on how the spending of the \$5.00 increase to annual dues will be balanced between winter and summer educational training. Resulting decision was that the Safety Committee would develop a plan.

Committee Reports

Trips Coordinator: Marianne reported that a committee of 5 coordinators are currently working on a coordinator skills inventory. This committee will also meet with other clubs to solicit input then develop a proposal for two annual workshops (winter and summer). Some workshop suggestions were: first aid and maps and compass. These workshops would not be restricted to coordinators, but they would have preference.

Vice-President: Ron reported the next Safety Committee Meeting will be held July 16. Issues that will be covered at the meeting will be to review 3 items: the system of rating hikes, sheet for new hikers and the draft trip sheet.

Ron also reported that CAOC will be among a group of special interest groups addressing the Canadian Pacific Railway employees moving to Calgary. He will try to attend to provide RMRA information.

Program Coordinator: Carol reported that Bob will present his slides of the Clomonseau Area Alpine Camp July 17.

It was also discussed and decided that a used equipment sale would be held July 24. Equipment would include all seasons/all sports.

PackRat Editor: Changes will be made to the face of the PackRat to include Shirley Tajchar as Social Coordinator and Reg Fryling as Past President.

Deadline for articles to be included in next issue is July 10.

A brochure is currently being prepared to be distributed around Calgary, advertising RMRA.

Social Coordinator: Currently preparing for Annual Stampede Breakfast. Plans are going well.

Meeting adjourned at 7:50 p.m.

Recorded by: Carol Perkins

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1996 STAMPEDE BREAKFAST

by Bob St. John

8:00 AM, a sunny summer day outside. After a quick shower comes the challenge of finding suitable western attire. Somewhere at the back of a seldom used closet I spot the required duds. A pair of faded, post bell-bottom (just) blue jeans, a slightly wrinkled, somewhat off smelling Roy Rogers shirt, and there on the floor, under a pair of old sneakers, my black cowboy hat. The mandatory mirror check revealed the perfect dolt, the one-time stamper. Good enough!

After loading the bike and related gear for Gert's afternoon cycle trip, it's off to pick up Frank and Marianne. Well not quite, I had to turn around and get Shirley's map, and maybe a plate with utensils would be handy. By taking the short-cut route I arrive to pick up Frank at 9:00, and then load Marianne's bike, gear, and very large non-folding chair. I knew I forgot something.

By quickly checking the map, the best route for us would be the Trans-Canada. The mountains were starting to look snow free, and there was excited talk of thd dozens of trips to be taken. So much to do, so little time. Frank was quiet. He and his Dad always went together to Rambler social functions, but no more. We were quiet for a time.

Onto the Banff Coach Road and up to 7th Ave. A quick map check would soon get us there. The wind must have blown it somewhere. I have to stop the car to look under my seat, the back seat, under bike gear. Funny how a gust could have blown it into my shirt pocket like that.

At the Tajcnar's by 9:30. The driveway is already full, but wost of all Wally is striding just ahead of us with plate and fork in hand. I quickly park on the road and rush to see if anything is left, when I realized with Wally using only one arm my fears were probably unjustified.

Shirley and Bill have a gorgeous acreage on a small hill overlooking the mountains. Their large yard was now filled with Ramblers standing, talking and seated around the several tables set up for the occasion. Of course the focus point was the lineup of grills. Carol Perkins and Terry Kaufmann (both looking very nice in their western outfits) were in charge of the pancakes. I did not see one pancake that wasn't done just right all morning. Terry was very much in control of the spatula, wouldn't even let me flip just one! Bob Kaufmann and Bill Tajcna kept the sausages in good supply. Rhubarb topping for the pancakes was just the touch to make it the best breakfast I've had in a long time. Wally Drew generously supplied the rhubarb, and several Ramblers stewed it up. I know Barb Fischer brought a good pot full after showing Peter Fischer how to cook it up. Coffee and juice rounded it all out, well worth the two doubloons. The whole event was well orchestrated by Shirley Tajcna. Good job!

The Stampede Breakfast is an excellent time to meet and renew acquaintances with Ramblers you seldom see, and to talk to ones you know well but in a setting quite different than on hikes. The following are some of the people I talked to through the morning:

- Doug and Mary Campbell with their daughter and three grandchildren from New Zealand. Doug rolled his eyes at the thought of traveling by air non-stop from New Zealand with three toddlers.
- Jim Bell and Mike Jankovic about the merits of making a drink from wheat grass together with beet tops. Apparently minute amounts chromium in the mixture does wonders for something. Jim had the best hat seen that morning. Hoss Cartwright would be proud. Jim bought the hat in Jackson Hole, Wyoming years ago (\$35.00 price tag still on Minny Pearl style) and stores it in a special box. It looked brand new.
- Wally Drew on details of the upcoming bus trip between mouthfuls of his fourth stack.

- Two Pats I seldom see. Pat Kinzie from Canmore and Pat McDonell from Okotoks.
- Terry and Bob Kaufmann who are doing the Chilkoot Trail in August. I hope they will see more of it than I did last September. Bob also knew the fate of Cominco's smelter fiasco in Trail, BC which interested me, being a mining guy myself at one point in the past.
- Anna Enciu who insisted that she waved to our Rambler group on Mist Ridge from her trip with Walley Drew on their ridge to the south.
- Dave Ladouceur, his friend Maureen, and her young daughter Erin. Maureen enjoyed the introductory ski lessons given by Dawn Jones last winter.
- Helga Pattison on taking pictures of wild flowers. I think I tried to give Helga a tip on spraying them with water to give a dewy effect or something, when I remembered Helga is a very good photographer with many published photos, especially of the outdoors. My last accomplishment was to accidentally expose a whole roll of film from last winter!
- Del Lavallee and her friend Flo from Winnipeg. Del and Flo walked into Shirley's living room at the right time. A moment earlier and I would have been introduced to Flo while wearing underwear only (had to get changed for the bike trip).

There were many more people that I didn't have a chance to chat at length with. The morning went quickly, the sign of a good event, and soon it was time to go. The only improvement would perhaps be one or two short easy trips for people to go on in the afternoon. Gert's cycle trip was an adventure, one where I learned how to fly, but that's another story!

Thanks again to hosts Shirley and Bill Tajcnar and to all those who made it the success it was!

LETTER SENT TO MANAGER OF KANANASKIS COUNTRY

by Ken Park

July 8th, 1996

Dear Mr. Hanna,

I would like to make a formal complaint about the live music emanating from the restaurant at Boulton Creek Trading Post.

This amplified music is totally out of character and inappropriate for this or any area of Peter Lougheed Park and Kananaskis Country. It is not in harmony with nature and is not conducive to a natural outdoor experience nor do I believe the wildlife in the area are appreciators of the jazz and blues music that I heard.

I was able to hear this music all the way down to the water's edge at Lower Lakes Campground.

If the proprietor of the restaurant wants to entertain people with his music let him do it in a licensed lounge setting where people who want to hear music can go to hear it not outdoors in one of Canada's finest natural areas.

Outdoor music is directly in conflict with the peaceful enjoyment of nature and also with the educational efforts of the Kananaskis interpretive program.

Respectfully,

Kenneth S. Park

P.S. I would like a reply to this letter and positive action.

REPLY FROM MANAGER OF KANASKIS COUNTRY

Submitted by Ken Park



Kananaskis Country

KANANASKIS WEST DISTRICT
PETER LOUGHEED PROVINCIAL PARK
Box 130, Kananaskis Village, Alberta, Canada, T0L 2H0
(403) 591-6300 Fax (403) 591-7379

July 23, 1996

Mr. Kenneth S. Park
#1, 2605 - 17 Street S.W.
Calgary, Alberta
T2T 4N2

RE: Loud Music Complaint - Boulton Trading Post

Dear Mr. Park:

Thank you for your note expressing concern over the loud music that you heard from Lower Lake Campground during your stay here. As we discussed, you do have a right to a peaceful enjoyment of the Park while you are here.

I have discussed this situation with Mr. Charlie Butler as well as forwarding a copy of your note to him. Mr. Butler, the Concession holder, is responding to a demand from his clientele for some type of entertainment while at the Boulton Trading Post.

In order to try and solve your concern, Mr. Butler has agreed to play during the afternoon only and to reduce the volume as well as reposition the speakers. The Ranger staff is taking particular notice of how the sound carries to help Mr. Butler deal with your concern. If we find that the sound continues to carry unreasonably we will look at other alternatives.

I would hope that this incident does not mar your perception of Kananaskis Country and that you continue to return. If you have any questions, please call me at 591-6300.

Yours truly,

Dave Hanna
Ranger In Charge
Peter Lougheed Provincial Park/Spray Area

DH/sw

cc: Jim Stomp
Boulton Trading Post
Ray Andrews





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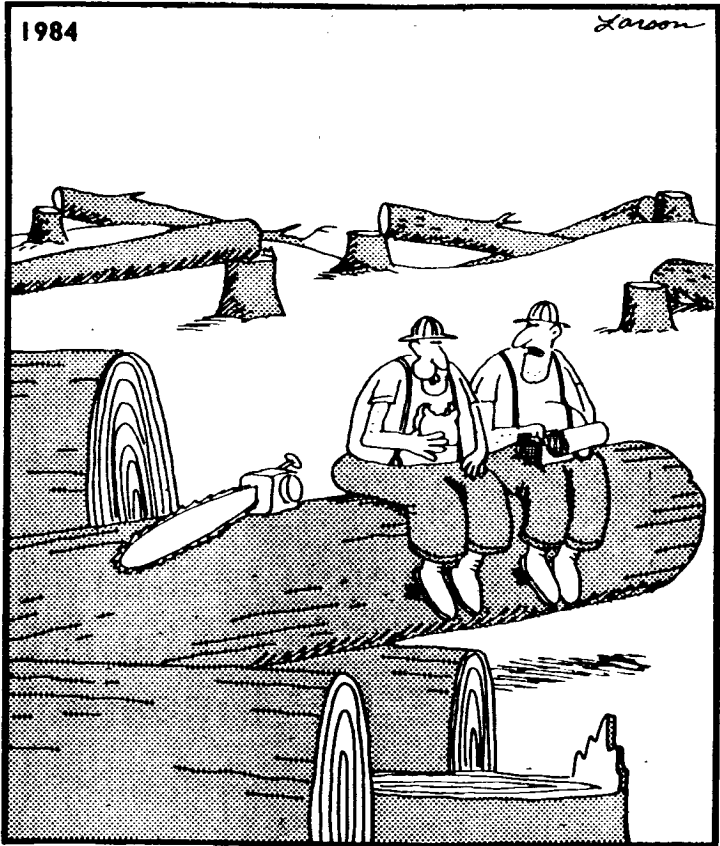


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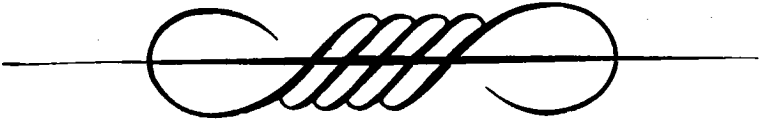
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“You know what I’m sayin’? Me, for example.
I couldn’t work in some stuffy little office. ...
The outdoors just calls to me.”



"I know you believe
you understand
what you think I said,
but I am not
sure you realize
that what you heard
is not what I meant."

