

THE PACKRAT

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FEBRUARY - MARCH, 1997

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

MEETINGS: Weekly, Wednesday evenings at 7:30 p.m.
Rosemont Community Hall, 2807 - 10 Street N.W.

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

TRIP INFO: 282-6308 RMRA Hotline and at meetings.

RMRA EXECUTIVE 1996 - 1997

President	Bob St. John
Vice President	Barb McInnis
Past President	Reg Fryling
Trip Co-Ordinator	Ron Hunter
Treasurer	Chris Saunders
Secretary	Linda Eastwood
Social Director	Shirley Tajcnar
Program Director	Dorothy-Ann Reimer
Newsletter Editor	Carol Perkins

NOTE FROM THE EDITOR

Well, once again members of the RMRA club have brought to you a marvelous array of articles ranging from Kananaskis Country Coalition update, stories of past hikes, learnings from an avalanche training course, first aid tips, weather statistics, upcoming events....and all with a little humour thrown in for good measure.

Also, on a more administrative note, the latest executive meeting minutes and "Message from the President" are included in this issue.

There has been a great suggestion of including a *Classified Ad* section in the PackRat. If you have any items you would like to buy, sell or trade, or if you are in need of any articles, please forward the information to me.

I want to thank all those members who contributed in whatever way to this issue. There are quite a few. Keep up the good work and I encourage anyone else, if you have anything at all (well...maybe not *just anything*), but if you have something you would like to share with fellow club members;

Don't be shy! Give the PackRat a try!

Sincerely,

Carol Perkins

1996 COLD AND SNOWY IN CALGARY

By Wally Drew

1996 was the coldest and snowiest year since 1955 in Calgary. For the 5 months through March it was the snowiest winter in 71 years and coldest in 17 years. It was the most snow for March in 65 years and for any month in 20 years. The mountains shared the abnormal snowfall prolonging the ski season and delaying access to the high country. Then May was the coolest and greyest ever recorded in Calgary. We were compensated by the driest summer in 12 years and sunniest in 23 years. That was after the whole season ending in June had the most snow in 45 years.

After all that, each of the last 4 months of the year was colder and snowier than normal. November was the snowiest one in 30 years, but not as much as last March. It was the greyest November in 32 years, then in December the temperature never rose above 3.2 degrees C /38 degrees F, a tie for the lowest December maximum temperature on record and for any month in 46 years. The temperature fell to -38 degrees C/-37 degrees F in late December, the coldest at Calgary Airport in 26 years.

Not to be outdone by 1996, in early January, 1997, the airport temperature took a quick dip to -39 degrees C/-39 degrees F, the coldest since January, 1954, 43 years ago when it hit -40 degrees F.

TABLE OF CONTENTS

Administrative:

President's Message.....Page 3
 Executive Meeting Minutes.....Page 11

Articles:

Random Thoughts on Avalanche Awareness
 Training.....Page 8
 Kananaskis Country - A Vision.....Page 5
 Kananaskis Country Coalition
 Survey.....Page 6
 Volcano Hike in IndonesiaPage 10
 1996 Cold and Snowy in Calgary.....Page 2
 RMRA Program Survey Results.....Page 4

Upcoming:

Social Events.....Page 3
 ProgramsPage 7
 Tonquin Valley TourPage 10

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TWENTY-FOUR YEARS EXPERIENCE

PRESIDENT'S MESSAGE

The cold weather during the first part of the ski season has put a damper on participation. Hopefully the balance of the winter will be more seasonable, especially for the shelter building day at McLean Creek, the route finding course with Yamnuska, and the Tonquin Tour. Looking back we did have a great Christmas Potluck, one of the best I have attended, and we did manage to get another avalanche course off the ground.

The topic of avalanches and our RMRA Policy seems to keep coming up. Some feel we are putting too much emphasis on it with the result that many members feel intimidated about going on some trips. An avalanche report is given at each meeting along with a weather report. Each has information important for trip planning. Use the information sensibly; do not blindly reject a trip if it has some avalanche terrain. Thousands of club trips (ours and others), commercial trips and countless individual trips have been taken to the mountains during winter without incident. Common sense tells us not to go out when the weather is extreme. The same applies for trips in potential avalanche terrain when the hazard is extreme. Our avalanche terrain ratings for trips are conservative. Our Avalanche Safety Policy Table is conservative. This double conservative approach is to ensure as best as we can that we as a club error on the safe side in endorsing those trips. In the last two years 30 Ramblers have taken an avalanche course. These members add to the base of club members who had taken courses before. This core of members can enjoy all the trips the club has done in past years, but with an added cognizance of their surroundings. We wish to keep avalanche awareness alive within the club, not avalanche paranoia. There is a balanced approach to aim for, and I think we are close to it.

NEXT PackRat issue.....

March 26, 1997

Deadline for Submissions

March 19, 1997

RMRA SOCIAL EVENTS

Wednesday, December 18, 1996

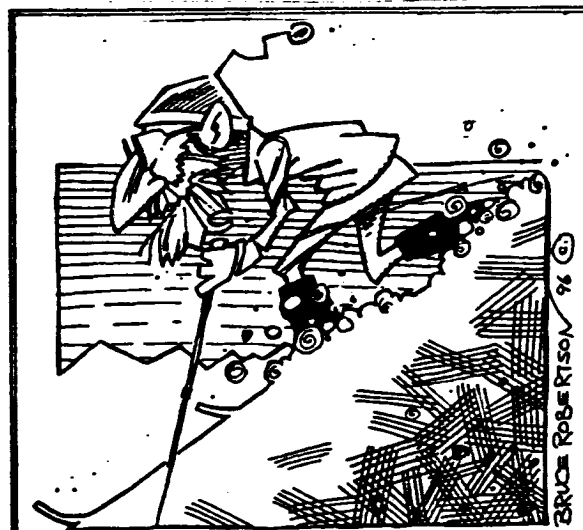
The Christmas Potluck was enjoyed by 65 members and guests. How could it be anything but a success with such a wonderful array of interesting dishes! Congratulations to our imaginative cooks. Thanks to Marion Shill, who left her husband babysitting to come and play the piano for our carol singing - and we were in great form! The "miniature tree" door prize was won by Barb McInnis. The monies collected for the door prize draw covered expenses and provided a \$40.00 donation to the food bank, in addition to the generous amount of food items that were brought.

Friday, January 17, 1997

Cards night hosted by Tony and Anne Moran at their home. If eight laughs per day help to keep the doctor away, seven of us got our full dose on the 17th at Tony and Anne's. Great evening of crib and whist. Thank you Tony and Anne, for your kind hospitality.

Wednesday, February 19, 1997

Valentine's Potluck. It will be difficult to top the Christmas extravaganza, but we can try! Rosemont Community Centre, 6:00 pm, followed by the regular meeting at 7:30 pm. We'll need volunteers to help set up the tables and chairs, get the coffee going and clean-up before the meeting. There will be a charge of 50 cents to cover the cost of napkins, coffee, punch ingredients, etc.



Back Country Telemarkers

You feel that ski lifts are for sissies. Your perfect day consists of climbing for four hours for five minutes of skiing down. You can't tell that your polypropylene underwear really stinks. You only bathe when the river thaws. You claim you enjoy sleeping in snowcaves, the real reason being that it's free.

submitted by Ken Park

TO PROGRAM OR NOT TO PROGRAM

November's request for input from Ramblers regarding programs was not particularly overwhelming. Under-whelming might better describe it. 5% response - does that constitute a statistically significant sample? To those who responded, thanks so much. Your ideas are already in the works.

Here are the results:

Want programs?	Yes
How often?	Most favoured 1/month
Length?	Maximum 1 hour though also requests for less than 30 minutes
Talks on?	Didn't excite you much though some interest in nature or environmental talks.
Clinics?	Definite interest in topics related to outdoor activities especially ski information, first aid, hazards (e.g. weather, rock scree, hypothermia).
Slide Shows?	Here we hit the jackpot. Top vote went to adventure travel.
Favourite Program?	Just about anything related to outdoors.

Summing up:

For the 95% who didn't respond, I'd still like to have your ideas. So bring them to a meeting, fax them, mail them to our Mail Box.

We'll aim for 2 programs per month to allow members a choice. Many of your suggestions will be incorporated into current planning.

Please remember the people who give these programs put a lot of time into their presentations plus giving up an evening to show them. So be sure to:

Stick around for the shows you're interested in.

Say THANK YOU.

Let your program director know what you DON'T like so it can be changed or made better.

Let us know what you DO like so we can build on it.

Muchas gracias!

Dorothy-Ann Reimer

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KANANASKIS COUNTRY

A VISION

By the Kananaskis Country Coalition

The Alberta Wilderness Association, long a supporter of protecting the Eastern Slopes of the Rockies, has joined with its colleagues in the conservation community in creating a Plan for K-Country. We present this plan, now, as a means of ensuring that future generations of Albertans will have Kananaskis Country as a sanctuary from commercial activity as well as a biological refuge and a bench mark for species diversity.

THE VISION

Kananaskis Country in its entirety will be legally protected from any further commercial development. Visitor use will consist mainly of low impact recreation, and be managed using an ecosystem-based method. The area will be harmonized with adjacent Federal parks, and with protected lands in British Columbia. The whole region will take on the role of a core protected area within a larger vision for the Rocky Mountains.

THE PROCESS

- The entire area of K-Country will be protected by laws which prohibit any further industrial or commercial development.
- K-Country will be managed directly by the Alberta Government on behalf of the Citizens of Alberta.
- The Elbow-Sheep River headwaters will become a core wilderness area and private lands within this area will be re-acquired by the Crown.
- No more logging licenses or permits will be issued. Existing licenses and permits will be re-acquired by the Crown.
- No more grazing leases will be granted. Existing leases will be re-acquired by the Crown.
- Hydro-electric facilities on the Spray and Kananaskis rivers will be decommissioned and the rivers eventually restored to their wild state.
- Oil, gas and other mineral exploration within K-Country will be discontinued. Petroleum production will be limited to existing wells. No further step out drilling will be permitted.

THE LAND

Kananaskis Country is a sprawling landscape of rugged mountains, deep forested valleys, fast-flowing rivers and gently rolling foothills. It is the home of grizzly and black bears, cougars and wolves. The peaks of K-Country form part of the spine of the continent, and along these ridges, thousands of eagles migrate each year. Its montane grasslands are prime animal habitat; its waters are filled with fish, among them the endangered bull trout.

At 4,200 square kilometers, it is nearly as large as its northern neighbour Banff National Park. In fact, much of Kananaskis Country was once a part of Banff Park. Kananaskis Country encompasses a portion of the Bow River Valley, including the Wind Valley Natural Area, the Canmore Nordic Centre and Bow Valley Provincial Park.

To many Albertans, K-Country is their backyard, 96% of the users of K-Country are Albertans. Calgaryans in particular look upon K-Country as a playground and a sanctuary, but Edmontonians and others also regard K-Country as a destination for nature appreciation and recreation.

Fifteen years ago, K-Country was declared a multiple use area, with the following management priorities: watershed protection, recreation and tourism, scenic and landscape protection, and resource extraction. At that time K-Country had few users, few paved roads, no commercial accommodation and relatively few economic pressures. Today with 1.5 million visitors, the demands placed on K-Country have outgrown the area's capacity to support them.

It's time to rethink our relationship with Kananaskis.

During the winter of 1995-96, the Province of Alberta undertook a review of its recreation policy for Kananaskis Country. The review failed to allow Albertans to participate in a meaningful discussion of the future of one of their premier recreation and protection areas. The results of that review, promised for release by July 1, 1996, are still on the desk of Mr. Ty Lund, the Minister of Environmental Protection.

From within that same office, however, leaked documents are suggesting that sweeping changes will come to Kananaskis that may privatize much of the area and allow for devastating development to occur.

In February, the Province issued a new license to log 163 square kilometers of K-Country west of Bragg Creek. There is approval in principle for at least seven new developments or major expansions to existing facilities.

K-Country has reached the point where further development will impair the landscape's ability to function as part of a larger, healthy ecosystem. There may be parts of K-Country that have already surpassed the balance point. Nor further commercial or industrial development can be considered within K-Country.

THE FUTURE

An overwhelming number of Albertans feel that K-Country should be protected. In surveys completed by the Coalition during the summer, 83% of those surveyed felt that no further commercial development should occur, 89% felt that Alberta should enact legislation that protects wildlife and wildland.

Both the Policy for Recreation Development of Kananaskis Country and the Integrated Resource Plan, which together govern industrial activity in the region, must be replaced with an ecosystem-based plan for K-Country and surrounding crown lands. This new plan would allow activities in K-Country to be harmonized with those in adjacent protected lands.

A detailed state-of-the environment report should be compiled using existing information and new research, and this document would form the basis for decision-making in the Kananaskis.

From a grassy pass in Kananaskis we can survey the countryside. To the east, the Foothills stretch away into the Prairies. To the west, the high peaks of the Continental Divide reach into the sky. A golden eagle soars overhead, riding the crest of the ridge that will carry it all the way from New Mexico to the Yukon.

THE QUESTION

Do we care enough about these wild lands to protect them? What, if anything, are we willing to sacrifice? Can we modify our concept of progress in just a few places so that our children can come into this country and know what wilderness is?

**KANANASKIS COUNTRY COALITION SURVEY
BACKGROUND**

**SURVEYS OF THE PUBLIC BY BOTH A GOVERNMENT COMMITTEE AND THE
KANANASKIS COUNTRY COALITION SHOW THAT PEOPLE DON'T WANT ANY MORE
TOURISM DEVELOPMENTS IN KANANASKIS COUNTRY**

For about a year now, the Alberta government has been conducting a review of recreation development policies in Kananaskis Country. These policies will determine the amount of development which will be allowed over the next five to ten years.

The Kananaskis Country Interdepartmental Committee directed that public consultation should occur and as part of this process a visitor survey was conducted. 2498 people were questioned in Kananaskis during August of 1995 and February of 1996.

Since the government did not allow access to the results of this survey, the Coalition decided to conduct its own survey during the summer of 1996. We questioned a total of 960 visitors regarding their opinions about tourism developments, 802 people at the Barrier Lake Visitor Centre and 158 people at Resort areas.

At the Visitor Centre, 87% of the people said that they were against any more recreational development; 64% of Resort visitors were against more development.

After we had conducted our survey a draft copy of the government survey was leaked to the Alberta Wilderness Association, and the Canadian Parks and Wilderness Society obtained further information through the Access to Information process.

In the government survey 79% of summer visitors and 84% of winter visitors said that no additional facilities were desired. 52% of summer visitors and 72% of winter visitors reported that additional facilities would actually detract from their stay and the majority of these pointed out that new hotels and golf courses are particularly undesirable.

It is clear that the results of both the government survey and the Coalition survey are in agreement. Both surveys find that an overwhelming majority of visitors do not want any more recreational facility development in Kananaskis Country.

Since public opinion is so clearly against any further tourist development inside Kananaskis, the Coalition has made the prevention of development and the protection of wilderness the central themes of the Vision statement. We are demanding that the government immediately cancel any developments which have preliminary approval and give assurances that all developments currently proposed will be summarily rejected.

PROGRAMS, PROGRAMS, PROGRAMS

January 29

Map and Compass

Alistair DesMoulins will use slides and viewgraphs to provide an introduction to using maps and compass for winter route finding.

February 5

Fixing Equipment Out on the Ski Trail

What do you do when the top of your ski boot separates from the sole? Or the screws come out of a binding and disappear into a meter-deep snow bank?

Reg Fryling will spend some time sharing information on what can go wrong, how to cope and what to take along to help.

February 26

Following Nature in Africa

From Harare to Bulawayo, Victoria Falls to Lake Kariba. Down the Zambezi River by canoe. Driving South Africa's Garden Route.

Malcolm Cullen, a friend of Jim Bell's, likes to travel and likes nature. He has enthusiastically agreed to show Ramblers some of his slides from his recent Africa trip.

Tentative programs for the future include:

- Animal Tracks I Have Known: Some advice and insights on identifying those prints we all see crossing our ski tracks.
- Adventuring in Nepal: Linda Eastwood, Anita O'Reilly and Bob St. John are eager to share their trekking adventures with us.
- Scotland Memories: Alistair DesMoulins has scenic slides of a beautiful part of the world with great hiking and even skiing.

Keep tuned to the Hot Line (press 4) for new programs, changes, cancellations.

AND DON'T FORGET - to say Thank you.

Over and Out for now.

KEN'S QUOTABLE QUOTES

"May all your troubles last as long as your New Year's resolutions."

— JOEY ADAMS

"It's better to be a coward for a minute than dead for the rest of your life."

— IRISH PROVERB

"One man practicing sportsmanship is far better than 50 preaching it."

— KNUTE K. ROCKNE

"There is no cure for life and death save to enjoy the interval."

— GEORGE SANTAYANA

"The reason there are so few female politicians is that it is too much trouble to put make-up on two faces."

— MAUREEN MURPHY

"A closed mouth gathers no feet."

— ANONYMOUS



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RANDOM THOUGHTS ON AVALANCHE AWARENESS TRAINING

The co-ordinator said bring transceivers, probes and shovels for Sunday's ski trip. You went to the University and rented the equipment so you thought you were set for anything. Right? Wrong!

Wrong! Wrong! Wrong!

On the weekend of Jan 10-11, several Ramblers learned this first-hand when they took a course on Avalanche Awareness from Keith Morton. A 3-hour theory session on the previous Thursday evening used vivid pictures and a mock-up slope to demonstrate the properties and vagaries of snow.

The participants divided into 2 groups (a Sat. and a Sun. group) for the practical experience held on a protected bench of land on the east side of the lodge at Fortress Ski Resort. Using transceivers, they learned to search and find one or more buried transceivers. They dug pits to determine local snow conditions. And they practiced what to do in simulated rescue operation.

The scene is:

A group of skiers stops for a brief rest just back from the brow of a hill. Suddenly a skier appears from over the edge, gasping "Help me!. My chums have just been buried in an avalanche. Help me get them out!"

What follows are comments on their own experience from some of the participants.

by Dorothy-Ann Reimer

Co-Ordinator of Search

by Dorothy-Ann Reimer

Note: Spoken words are in " ", thoughts are in ()

"I think we need someone in charge. Who wants to be leader?"

"Um". "Um". "Umm".

(What do I do first?.....oh, yeah....)

1) How many are there? 2) Do they have transceivers?

You mean those funny blue boxes around the neck like this? Yes. Yes.

(Now what....good grief, what now?)

Ron, you search down the right side....oh wait, everybody switch to receive. (Oh no, is this ever complicated)

Barb search down on the right side.

Keith would you look for things on the surface? Things?

Yeah, gloves, you know. Shout if you find anything.

Barb, I can't see you behind that tree. Are you getting close?

Ron, are you close - how close? Micheline, get your probe ready. And your shovel. Keith, have you got a probe?

No, but I've got a ski pole.

You go over to where Barb is - she is going to need help.

Shout when you have a fix. Ron do you need a probe?

Does anyone need a shovel?

(Oh, oh - I forgot to post a lookout! Thank goodness this is only a practice)

Did you find the person? YES!

How long did you say we took? 25 min!!! I think we better do this again!

Eastern Skier Meets Avalanche

by Ron Mason

This is my first winter in Calgary so I considered it my duty to learn something about avalanches which have never been a consideration in the East. Taking a course organized by the Ramblers turned out to be the best introduction I could have found, thanks largely to our instructor, Keith Morton.

I very quickly discovered how little I knew. In particular, I always thought that using an avalanche beacon would be easy - just follow the signal and there you are! No so! The technique of following the signal is not easy. The device works using a magnetic field and so does not necessarily point to the source, but can curve around. Further difficulties arise if two skiers are buried close together or if several searchers are too close to each other.

In our practice we never dug deeper than about a foot but I can imagine the problems finding someone deeper.

One issue which may be surprising is how important it is for someone to take charge. Rambler's trips do not have leaders - Right! Maybe not, but it is absolutely essential in an avalanche situation that someone, anyone, take charge. Time is such a limited commodity that everyone must be organized in a rational plan - and the leader only gives orders without actually taking part.

Avoidance of avalanche situations is obviously the best strategy. Unfortunately we did not have a lot of time for detailed analysis of slopes and of route finding. However there are other courses covering these subjects in more detail and everyone considering travel in the back country should consider educating themselves to travel more safely.

Many thanks for Barb for organization and to Keith for the clear, practical lessons.

RANDOM THOUGHTS ON AVALANCHE AWARENESS TRAINING

continued

Transceiver Search

by Barb McInnis

Finding an object buried in the snow with a transceiver is not easy. It is a skill you have to learn. A skill I did not entirely master on our avalanche course a few weekends ago, despite the apt instruction by Keith Morton.

For practice, we buried transceivers and searched them out with a second transceiver. Because a transceiver is not like a radio direction finder, it does not point to the victim (or in this case the buried transceiver). So I found myself following a curved magnetic field line and, as it turned out, going in the wrong direction.

Another tricky part is trying to determine where the strongest beep is coming from. Holding the transceiver in front of me, I swung it until the sound faded to the left, then swung it until it faded on the right, then bisected the angle between the two fade directions, and walked 5 meters to do it again. Ideally, the beep would continue to get stronger until the "victim" was found. But in reality many things can interfere to cloud the search.

With help from Keith, I did eventually find the buried transceivers. One thing I found out really quickly: it takes practice, practice, practice to learn how to use them.

AVALANCHE INFORMATION

Call the Calgary Herald Talkies, 243-7235 and enter SNOW (7669).

Rockies is 1, Banff is 3, Kananaskis is 4 and Yoho is 5.

For the web:

<http://www.avalanche.ca/snow>

CLASSIFIED ADS

WANTED:

Large capacity external frame backpack. Good Quality, Camp Trails, Kelly or other good make. The one I got through Tony Moran in 1989 is close to the end of its life.

Alistair DesMounlins

"So, How'd You Break Your Arm?"

(taken from a New Orleans's Newspaper)

While skiing, a woman complained to her husband that she was in dire need of a restroom. "Don't worry," said he. "There'll be a powder room at the top of the lift." WRONG!!! No relief was available.

Recognizing her need, the husband suggested she go off into the trees. He said her all white ski outfit would camouflage her. Desperate, she headed for the woods.

If you've ever stopped on the side of a ski hill, you know there is a right way and a wrong way to set your skis so you don't move. Sure enough, she had them positioned the wrong way. Steep slopes are not forgiving, even during moments of intense embarrassment. Without warning, the woman found herself skiing backward, out-of-control, racing through the trees, somehow missing all of them, and out onto another ski run. Her derriere was still bare, her pants down around knees. She was continually picking up speed while travelling backwards totally out of control.

She skied back under the ski lift and finally collided violently with a pylon. The bad news was that she broke her arm in the collision and was unable to pull up her ski pants as she lay under the lift. At long last her husband arrived, got her together again, then skied to the base of the mountain and summoned the ski patrol, who transported her to a local hospital.

In the emergency room, a man with a broken leg was put in the bed next to hers. "So, how'd you break your leg?" she asked, making small talk.

"It was the darndest thing you ever saw," he said. "I was riding up this ski lift, and suddenly - I couldn't believe my eyes. There was this crazy woman skiing backward out-of-control down the mountain with her bare bottom hanging out of her clothes and her pants down around her knees. I leaned over and turned back to get a better look, fell out of the lift and broke my leg in the fall. Can you believe it?! So, how'd you break your arm?"...

submitted by Wally Drew

VOLCANO HIKE IN INDONESIA

By Wally Drew

I enjoyed a variety of activities and experiences on 7 islands during my November in Indonesia, but did only 1 mountain hike. That was in Bromo National Park on Java. Our hotel - actually a series of cabins - was at 7300' on the rim of the large caldera. Since the rooms were unheated it was near 15 degrees C inside and out. That was the most comfortable I was in Indonesia since the lowlands are hot and humid. No warm water in my room.

The morning after our arrival we were awakened at 3 am to go by Jeep up Mt. Panajakan, a 9100' summit on the rim for the view and finally the sunrise. Distant lightning posed no threat. The great view included smoking Mt. Semeru, Java's highest. Closer by, we looked down on Mt. Bromo and other little volcanoes in the caldera surrounded by the so-called sea of sand on the floor. Then the jeeps took us down to, and along the bottom or floor of the caldera. I had the Jeep let me off on the floor short of Mt. Bromo so I could have more of a hike. From where the others got off, it was only a 400' elevation gain to the rim of Mt. Bromo - path for first half and stairs for last half. Some rode horses up the path. Going up the 400' in 10 minutes, I passed all the others and many other tourists. They weren't hikers. They all stopped there. Francisco, who had done Mt. Bromo, had told me I wouldn't need boots so I didn't take any. He was right. It was easy for me to take a solo hike all the way around the narrow rim of the smoke volcano in runners. I stopped on the 2 - 7850' high points for a drink, snack and view. Then I hiked back down to the floor, across it and up to the hotel on the rim for an 8:00 am breakfast in the dining room. I was the first one from ElderTreks to walk around the rim though my whole hike was only about 8 km and 1500' elevation gain. It was the high point of the Indonesian trip for me.

Interested in advertising your business in the PackRat?

Call Carol to inquire about reasonable rates.

Remember.....to send your advertisements to the newsletter editor for inclusion in the new **CLASSIFIED AD** section in the next PackRat issue.

Tonquin Valley Tour, March 5 to 9

by Bob St. John

The Tonquin Valley, southeast of Jasper, offers spectacular scenery and excellent touring. Our base will be the Alpine Club of Canada's Wates-Gibson Hut, a fully equipped class 'A' hut with wood heating, Coleman stoves and lanterns, foam mattresses, cooking and eating utensils, etc., with capacity for 40 people. Participants need only to be average skiers, but must be able to ski with a pack including a good sleeping bag, food and fuel for 4 days, and extra clothing. Avalanche equipment will be required although this trip will emphasize touring, not mountaineering. Tours to Amethyst and Moat Lakes, Eremite Valley, and Maccarib Pass are possible as well as telemarking on nearby moderate slopes. Bring your camera, as landmarks such as Mount Edith Cavell and the Ramparts with its hanging glaciers are very photogenic. This is a good opportunity for those who wish to try multi-day ski touring but who are not yet ready to do winter camping. The following is a brief outline of the tour:

Day 1: drive to Jasper (5 hours), ski into Edith Cavell Hostel (11 km). Trip # 752

Day 2: ski into Wates-Gibson Hut (14 km). Trip # 753

Days 3,4: ski tours and/or telemarking from Wates-Gibson Hut. Trip # 757, 758, 759

Day 5: ski out to cars via Edith Cavell Hostel (25 km, mainly downhill), drive to Calgary. Trip # 754

(skiing out via Maccarib Pass may be possible depending on weather and snow conditions. Trip # 755)

Accommodation Costs:

Edith Cavell Hostel: \$9.00

Wates-Gibson Hut: \$67.41, Alpine Club members with hut privileges: \$42.00

Backcountry Fees: \$18.00 unless you have a current Backcountry Pass.

I have made reservations for 10 people. For you to participate I will require your accommodation costs in full by February 12. Chic Scott's book "Ski Trails in the Canadian Rockies" has more details of this tour.

NEW MEMBERS can bring new:

ideas,
perspectives,
challenges,
friendships,
.....and more!

Why not bring a friend or acquaintance to our next meeting and show them what we're all about!

EXECUTIVE MEETING MINUTES

January 13, 1997

7:30 p.m.

PRESENT:

Bob St. John, President
Barb McInnis, Vice President
Ron Hunter, Co-ordinators Chair
Carol Perkins, Newsletter Editor
Chris Saunders, Treasurer
Linda Eastwood, Secretary

ABSENCE:

Reg Fryling, Past President
Dorothy-Ann Reimer, Program Director
Shirley Tajcna, Social Director

MINUTES OF LAST MEETING:

Not read.

PRESIDENT:

Renew CAOC membership at \$60.00. All agreed.

Renew Hostelling international Hostel membership for \$42.00 including GST. Last year paid for itself, gave more interest to trips. All in favour.

Calgary Area Ski Clubs are having a meeting Tuesday, January 21, 7:00 at CAOC to review winter trip ratings, avalanche ratings, insurance, emergency procedures, etc.

Trip sheet is a waiver sheet. Make sure participants on your trips read and sign the waiver. We don't have insurance, could be sued. What is the cost of insurance? Club together with other groups?

VICE PRESIDENT:

The first Safety Committee meeting will be on January 23. There are 7 people on this committee (4 executive, 3 membership at large). Still looking for possible members. Will review advertising: green sheet or something similar for recruitment. Impress upon the membership that recruitment needs a boost - bring a friend (Open House, Ad in PackRat).

Cost overruns on avalanche course. Total cost \$741.50 (\$691.50 goes to Keith; \$50.00 for the hall). Charged \$55.00 each person, 12 people paid + 1 more will be paying (\$715.00).

TREASURER:

Chris managed to get a radio slot for the Open House - response was low. Bob put up posters at Totem and. There are 111 paid up members - good for this time of

year. Everyone has completed paperwork for signing approval for cheques.

\$5,000.00 left after paying the rent. \$2,000.00 in term deposit, earning interest. Will mature in a week or so. Will reinvest. \$3,000.00 in non-interest bearing.

\$150.00 support request for Kananaskis coalition (development happening/studies not released). AWA doesn't have any money for mail outs. Financial supports for mail out: current businesses, stakeholders, etc. RMRA will give \$100.00. Members can personally contribute. RMRA will collect and forward.

MOTION: Chris - We will contribute \$100.00 towards AWA Kananaskis Coalition. Carol seconded. All in favour. Passed.

NEWSLETTER EDITOR:

The cost of the newsletter was 83 cents per issue including GST and photocopying. The reproduction company threw in 39 cents a copy worth of folding and stapling. 90 cents per issue for mail out. Mailed 55 copies, 29 stamps left (= \$13.00); 130 copies printed and distributed (including 13 copies to MEC, 3 copies CAOC, 59 picked up at hall and Open House); recouped approximately 13 cents per issue through advertising. Future newsletters will be approximately 2-3 large double sided sheets, same as current format. NOTE: First newsletter was quite large due to the Annual General Meeting information.

What is the focus of the newsletter? For current members? For recruiting new members? How many copies should be printed over and above the current membership? Short discussion concluded 20 issues over and above current membership with a few more for Open Houses. Use green sheet or something similar to recruit new members.

MOTION: Ron Hunter - The focus of the PackRat should be the current members. Bob seconded. All in favour. Passed.

Envelopes weighing up to 30 grams will be 45 cents; up to 50 grams, 71 cents.

Newsletter will be at 3-4 meetings before being mailed out. For timely issues/events this could cause a problem. Will adjust accordingly.

EXECUTIVE MEETING MINUTES

continued

Chris will run labels for mailing out the PackRat. Barb will have a return address stamp made up.

CO-ORDINATORS CHAIR:

Keith Morton called Ron regarding the avalanche course: 1 person didn't show on Saturday, 3 people didn't show on Sunday. 1 person called to cancel on Saturday, 2 people didn't show because it was going to be too cold and 1 wanted Keith to reschedule. No reason participants couldn't show as it wasn't that cold. It is not up to Keith to accommodate/reschedule for every single person. What is our position on this? Phone/talk to the organizer in RMRA, not the instructor. If it is really cold and most members cancel then organizer can pass onto the instructor. Keith would not run the course if it was too

cold. Keith put on the course that we asked him to, other places that offer courses (i.e. U of C) you pay for the course, you show up or you lose the course instruction and money and it will not be rescheduled for you. If you do not show up - too bad. Blurb will be put in the president's message regarding Avalanche course. Barb will phone members who didn't show to let them know - no refund.

Barb mentioned that the course was very good, organized, helpful and informative.

\$740.00 part for Yamnuska Route Finding Course. Discretionary \$30.00 subsidy for Co-Ordinators who took course and never took trips out.

WINTER FIRST AID

(taken from the Canadian Scout Handbook)

Frost Bite

Frost bite happens mostly on the cheek or nose. The best remedy is to hold the bare hand over the frost bitten area until the white and stiffness have disappeared. Never rub with snow. This onetime treatment is harmful, particularly if the snow is hard or granular.

For fingers which have lost feeling, put the hand inside the clothing close to the body -- under the armpit if this is possible.

Frosted heels or toes present the most difficult problem on a hike. If the stinging has given place to numbness, find a sheltered spot quickly, make a fire, remove the person's shoes, replace socks with warm ones and wrap the patient in warm blankets. A hot drink also should be given as soon as available.

When travelling on snowshoes, the toes, because of the restriction of the foot, are a frost bite hazard. Halt occasionally, step out of the harness and massage the foot to prevent this.

If it is well below zero, or if you are hiking in a very chill wind, keep "making faces" rather than allowing the skin of the face to stay in one position. This constant movement of the facial muscles helps circulation of the blood. Chewing gum keeps the face muscles in motion.

Freezing

The signs of freezing are not always the same. There may be sudden sharp biting pains, followed by numbness; or, the freezing may be slow and become extensive before you are aware of it. This is particularly true of the feet. Sometimes there is very little change in color, the only visible sign being a slightly waxen appearance.

If a hand or foot is frozen, warm it very gradually, and in the meantime massage the adjacent parts, to increase the circulation. Warm drinks and blankets will speed the thawing. Don't apply any heat directly to the frozen parts.

When thawing has taken place, apply antiseptic emulsion freely and bandage gently, being careful not to constrict the circulation. There may be increasingly severe pain for a time, which will subside. Since it is not possible to tell the extent of damage until sometime after thawing, arrangements should be made to take the patient home as soon as possible.

submitted by Tom Murray