

# THE PACKRAT

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**JUNE - JULY, 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 Tajcna
Program Director	Dorothy-Ann Reimer
Newsletter Editor	Carol Perkins

## NOTE FROM THE EDITOR

In keeping with the spirit of previous issues, this one also promises excellent articles and information.

How do you feel about completion of the National Trail? Do you support the nominations in the Bow/Canmore Corridor Area? Read the articles in this issue which may answer some questions and raise others. Your input into the studies currently being conducted in these areas is urged and greatly appreciated.

The adventurers of river clean-up and memorable experiences of a 13 hour ski trip to Mt. Hector provide entertaining reading and valuable club information is provided in the President's message.

Enjoy your PackRat.

Carol Perkins

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**NEXT PackRat Issue.....**

July 23, 1997

**Deadline for Submissions**

July 16, 1997

## SOCIAL EVENTS

July 5	Stampede Breakfast
Sept. 14-15	Car Camp (date is tentative)
Oct 24	Annual Dinner and Dance

*Check out the new  
Summer Trip Ratings Sheet.*

*Thank you to everyone who spent their valuable time  
and effort in putting together this information.*

*The PackRat Newsletter  
is partially funded by.....*

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## PRESIDENT'S MESSAGE

The new summer trip ratings are now in place. There is a summary information 'Yellow Sheet' now available explaining the rating system. If this Packrat is mailed to you the summary sheet should be included. A second update to the Members Manual includes Chapter 8 with over 600 pre-rated trips. Together with the list of winter trips in Chapter 7, we as a club have over 900 pre-rated trips. My thanks to all who contributed their experience to this task. These lists will expand over time and modifications to individual trip ratings may occur. Everyone in the club can contribute to this pool of knowledge. All you need to do is inform the trip coordinator, the Trips Chair Ron Hunter, or myself about which trips may be under or over rated. Information on trips that could be added to the list would also be appreciated. Updated copies of the trip lists are planned for the start of the winter skiing and summer hiking seasons.

As mentioned above the second update to the Members Manual is ready for pickup at regular meetings. In addition to the list of pre-rated hiking trips, the update includes some new material on ticks and hypothermia for Chapter 5. Every member of the club is entitled to one free manual. To conserve paper and expense, please just take an update if you already have a manual. If you do not have a manual they are available from our Treasurer, Chris Saunders, at regular meetings. Coordinators may wish to take a few extra copies of the update on their trips for members who cannot regularly make meetings.

The CASC group of ski clubs met once more in May. Some events planned for next fall include:

1. Two wilderness first aid courses offered, one in September, another in November. They each involve 5 Tuesday evenings in Calgary and one

weekend at the Banff Hostel. Costs will be low, approximately \$170.00. The Ramblers have 5 spots reserved until the end of August.

2. A group equipment purchase of avalanche transceivers, shovels and probes.
3. An all clubs avalanche transceiver search and rescue practice day.
4. A Backcountry Skills Challenge day will test our joint clubs' skills at map and compass, first aid, equipment repair, overnight survival, etc.

In April a meeting of Ramblers and Norsemen was held to review the winter trip avalanche ratings. About thirty trips had their ratings adjusted using experience over the last season from both clubs. The Norsemen also decided to adopt our color scheme for avalanche ratings.

I have posted 5 trip sheets on the notice board for Kananaskis Trails volunteer days. The second Saturday of each month from June to October will see volunteers from several Calgary clubs and organizations get together to help maintain the trails we all use. If you would like to participate please sign up. As only four participants are requested per club please try to make it if you do sign. The day will include activities such as fallen log removal, brush clearing, minor water control, etc.

Finally I would like to welcome new members to our club. We try to offer you a program of activities that will suit your style of outing, whether it be leisurely trail hikes or challenging mountain ascents. Club trips are also inherently social activities where as much pleasure can be derived in meeting new people as in enjoying the great outdoors. Have a great summer!

Bob St. John

### PROGRAMS, PROGRAMS, PROGRAMS

- June 11, 1997**     *Lightning Strikes!*  
Wally Drew, the Ramblers' valued source of all kinds of weather information will give a talk on the perils of thunderstorms. Come and learn what to expect and when, as well as the do's and don'ts for action if caught in such a storm.
- Late June**         *Adventures in Kayaking* (Date not finalized)  
Marianne Wolters as been on yet another kayaking adventure and has agreed to give a program of slides and anecdotes from her seafaring off the west coast of North America ('B.C. and Baja')
- July?**             Nothing yet, but probably a travel slide show.

For updates, phone the hotline at 282-6308 and press 4

**TRAIL CLUBS AND HIKERS - YOU TELL US...**  
**IS THERE A NEED TO COMPLETE THE NATIONAL TRAIL?**

*submitted by Doug Campbell*

A quarter century after foundation of the national trail movement, hikers across Canada are asked to make decisions.

As in 1971, the aim remains to establish a continuous foot trail coast to coast across the more populated southern regions of the country.

Our efforts over the years helped to give inspiration to the Trans Canada Trail Foundation initiative whose proposers believed the best chance of success was to go for the broad appeal of the multi-use trail. They were right, not that we were wrong in pursuing established trail-building techniques, but with the Trans Canada Trail (T.C.T.) providing a continuous foot trail, the National Trail Association of Canada (N.T.A.C.) can withdraw in good conscience. Two considerations cry out in protest.

First, the National Trail extends some 1800 km, primarily on recognized hiking trails. Many more hundreds of kilometers on public lands await designation when routing is finalized. Key sections in Ontario and Quebec on established systems are far removed from the proposed T.C.T. route. Withdrawal means abandoning those trail clubs and landowners who have generously and faithfully supported the national trail concept.

Second, increasingly our membership has come to more accurately represent hikers who seek the natural, generally single-purpose hiking route. They're keen to see it completed.

But the N.T.A.C. cannot deliver. A giant gap in routing exists from Saskatchewan to Northern Ontario and there are extensive links missing elsewhere.

The structure of the N.T.A.C., realistic and for the most part appropriate at one time, is found wanting. Ten directors spread across five regions, hampered in meeting and communicating, have had little success in finding the inspiration and drive to organize regionally. No one has come forward to take on Association presidency, vacant for three years.

We have gone back to the leading national outdoor and youth organizations which urged us forward at national meetings in 1971 and 1984 but so far there

is no offer to encourage regional and local involvement from their ranks. While remaining supportive in principle, their agendas are full.

One obvious and necessary step to help avoid confusion with the multi-use trail is to proclaim the National Trail as a hiking route, and a new trail-marker to reflect this image has been designed. Encouragingly, a contribution of \$1,000 from Mountain Equipment Co-op has been granted to help meet this cost.

A sensible solution to preserve our gains is being demonstrated in Alberta. There, the Trans Canada Trail will share existing National Trail routing for many kilometers.

Indications are that other T.C.T. groups may reciprocate, thereby promoting unity and honouring the Federation's dedication to the encouragement of trail development programs. Joining forces with the T.C.T. to work on a common route, where appropriate, does not resolve our organizational issues.

Given time the National Trail will succeed but an effective co-ordinating body to oversee and to keep the scheme on course is needed. Hike Ontario would like to see a national meeting called in 1998 to help sort out these issues.

Editors of hiking newsletters may wish to consider canvassing views among readership, and trail clubs and trail federations across the country are asked to place the matter on coming meeting agendas for serious discussion to reach a consensus on whether work is to go on, and how.

The questions are:

1. Is there a need to complete the National Trail?
2. If so, how do we close the mid-Canada gap, beef up regional organization and boost funding?

Early comments from readers will be welcomed and club replies should be received promptly after meetings to discuss the issues are held. You don't have to be on the route to comment.

If you would like to send your comments to the National Trail Association of Canada, the address is P.O. Box 8063, Canmore, Alberta, T1W 2T8.

**UPCOMING TRIPS**

**July 1**

**Mount Allan traverse** from both ends. Car shuttle to be arranged, with key swap at the summit! It has been suggested we take our brush fighters along to slip and saw the trail into top shape.

**Bus Trips:**

- July 13** - co-ordinated by Ron Hunter
- August 24** - co-ordinated by Marianne Wolters

Itineraries to be announced, so start your lobbying now for your favourite. A \$10.00 deposit will be required for each participant

\*\*\*\*\*

**BIKE TOUR - SPONSORED BY:  
THE MULTIPLE SCLEROSIS SOCIETY  
OF CANADA  
(Calgary Chapter)**

**June 7 & 8      *This is not a race!***

You ride at your own pace. Whether you're an avid cycling enthusiast or a "Sunday rider", the MS Bike Tour will provide you with a fun weekend of adventure. Expect lots of food, fun, fantastic prizes, and meet new friends! Best of all, you will help us connect for a cure to over 50,000 Canadians with multiple sclerosis. See you June 7 & 8, 1997.

**REMEMBER:** To be eligible to ride, each cyclist is required to submit a minimum \$150 in PAID PLEDGES before the Tour begins.

**TO REGISTER**

fill out the registration form and fax/mail or bring it to:

**MS BIKE TOUR  
MULTIPLE SCLEROSIS SOCIETY  
CALGARY CHAPTER  
Suite 238, 2116 - 27 Ave. N.E.  
Calgary, Alberta T2E 7A6  
Fax: 250-8937 or**

**MS BIKE TOUR Info:  
(403) 250-7090**

**REGISTRATION TODAY!  
FOR THE 1997 MS BIKE TOUR**

Each participant must complete a separate registration form.

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(please print)  
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Prov. \_\_\_\_\_ P.C. \_\_\_\_\_  
Res. Phone: \_\_\_\_\_ Bus. Phone: \_\_\_\_\_  
Team Captain: \_\_\_\_\_  
Team Name, if applicable \_\_\_\_\_  
(Minimum of 4 Cyclists):  
Age \_\_\_\_\_ Female  Male  Date \_\_\_\_\_

I am a previous participant (check all that apply):  
 91  92  93  94  95  96

**REGISTRATION FEES ARE:**

\$40 includes Dorm lodging  
\$25 includes tenting or own accommodation

cash/cheque     Visa     Mastercard

credit card # \_\_\_\_\_  
expiry date \_\_\_\_\_

**Waiver:**

In signing this release, I(we) acknowledge that I(we) understand the intent thereof, and I(we) hereby agree and absolve and hold harmless the Multiple Sclerosis Society of Canada, corporate sponsors, cooperating organizations and any other parties connected with this event in any way, singly or collectively, from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the 1997 MS BIKE TOUR or any activities associated therewith. I(we) hereby consent to and permit emergency treatment in the event of injury or illness. I(we) also give full permission for use of my name and/or photo in connection with this event.

Signature Participant \_\_\_\_\_ Signature Parent/Guardian if under 18 \_\_\_\_\_

**ANYONE UNDER THE AGE OF 18 YEARS MUST BE ACCOMPANIED BY AN ADULT.**

**\$\$\$PLEDGE BUCKS\$\$\$**

Who is (are) your NEW rider(s)?  
\_\_\_\_\_

I am a NEW rider, I was referred by:  
\_\_\_\_\_

*by Danielle Tardiff*

Having moved to Calgary from Northern Ontario 6 months ago, I didn't know what to expect from my first winter in the Rockies. That said, I don't think any of us knew what to expect either when we left Calgary on May 4 to ski up Mount Hector. To give you some statistics, Mt. Hector is a respectable 11,140 foot peak, 20 km north of Lake Louise on highway 93 going to Jasper. The elevation gain is over 5200 ft, only second to Mt. Joffre on the club's ski trips list. The trip is 11 km return, making it a short but steep climb. This was going to be my first serious ski mountaineering trip.

Five Ramblers (should I add "insane"?) met at Assumption at 5:30 am. Dave Mulligan was the instigator of this ambitious day. The weather forecast was calling for rain, but what the heck, we went anyway. We reached Hector Creek parking lot around 8:00 am and were ready to ski half an hour later. The sun was shining and to my relief, there was snow right to the highway (we're not used to having such long winters out East). We followed the creek for a while before breaking into an open area, which obviously avalanched frequently. The avalanche risks were low that weekend, so I thought we were safe to cross the slope. I found out on the return trip that this same slope avalanched right to the ground during the day, stopping a few feet short of the ski trail.

We then reached a steep gully which we tried to ski up, but had to give up and kick step instead. At the top of this steep climb, we had a short chat with another group going up, who were training for Mr. Logan two weeks after. Two of them had snowboards. They had tried to climb Mt. Hector the week before, but had to give up because of poor visibility.

The skiing was easy for a while when we had another steep and long climb before our lunch spot. We had a relatively comfortable lunch break, contemplating Mt. Hector and discussing the best approach. Shortly after, we reached Hector glacier and roped up.

One person in the group was not feeling well and couldn't continue. I was a bit uneasy to leave a person alone on the glacier for hours until we came back, but luckily, we had a Zdarsky tent and used it as an emergency shelter. Well, this person stayed dry and warm for the whole afternoon. The next week, I ordered one for me.

It was getting late and we were still some ways from the summit, and I started thinking that we wouldn't make it. I kept these thoughts to myself, since I didn't want to influence the group negatively. But as we got closer to the mountain, the going was easier and we progressed quite quickly. We were within sight of the summit at

4:00 pm. The sky was still amazingly clear and the winds low. We discussed briefly what we should do next. We estimated that we needed another hour to go up, and 4 hours to ski down, so we figured we had enough time. The snow was great for kick stepping the steep section below the summit and bonus, we didn't need crampons.

We reached the summit around 5:15 pm, ecstatic. The views were great, but the chilling wind reminded us that we had to get down fast. The other climbing group was also on the summit with us.

Our legs managed to do a few telemark turns on the way down. The snow was surprisingly consistent and fluffy up on the glacier, but lower down, it was turning into ice. Telemark or snow plowing was impossible, so we side slipped most of the way from our lunch spot to below the gully, a distance of about 1.5 km. The creek part was even worse, and putting on the skins provided to be the most efficient way to go down. We finally reached the parking lot at 9:30 pm, at dusk. Dave missed his chance to get in the co-ordinator's "head lamp club" by only 10 minutes. I think we could have made it much faster than 13 hours, if we had better snow on the lower section of the mountain. Anyhow, I had a very memorable day and I thank Dave for calling the trip.

\*\*\*\*\*

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## **RAMBLERS CLEAN UP CALGARY'S ANNUAL RIVER CLEAN-UP**

*by Dorothy-Ann Reimer*

The 30th Annual Calgary Pathway and River Clean-up, to give it the official title, was held on a sunny May 4. Following a tradition which may even be older than the official clean-up, 11 Ramblers converged at the car park in the North Glenmore Park, intent on 'cleaning up' the Weaselhead area.

This event is normally held on the first Sunday in May. All participants, even the City of Calgary drivers who pick up the collected bags, are volunteers. Sponsored jointly by the Calgary Canoe Club, Calgary Parks and Recreation and Totem Outfitters, the organization of this effort is handled by the canoe Club from their clubhouse on the north side of the Reservoir. Huge white plastic bags are provided courtesy of Wild Rose Foundation, Save-on-Foods and Friends of the Environment Foundation (supported by Canada Trust and customers).

In ones and twos, Ramblers disappeared in all directions, sharp eyes sweeping trails and undergrowth for non-natural debris in this otherwise beautiful natural area. There is a sort of silent rivalry among the pickers - who will find the most oddball objects?

What turns up and lands in those white bags?

Most common are bits of paper - newspaper, food wrappings, computer printouts. Next is plastic - bags, containers, flagging tape. A very close third has to be glass, broken shards of beer bottles attest to the numerous 'parties' that must take place throughout the year.

Some of this year's finds included:

- underwear (men's)
- half of a pair of shoes
- 2 dimes
- an abandoned beaver house (left in-situ)
- near-new sign complete with support pole which read 'No Dogs Allowed Except on Leash'
- 1 live deer (also left in-situ)
- car parts

The prize, though, has to go to Bob St. John for finding a toilet. Unfortunately it wouldn't fit in

the white bag which means we'll all have to return next year to bring it out.

A million thanks for the smiling crew who turned out and worked so diligently to make our town a tiny bit cleaner.

Art Davis  
Phil Spaulding  
Linda Paquette  
Faris Evans  
Shirley Tajcner  
Pauline Rusnack

Anne Moran  
Walley Drew  
Bob St. John  
Dorothy-Ann Reimer  
Ron Mason



**"Did you have to hang the food right above the tent?"**

*submitted by Ken Park*

**UPDATE:**

The Special Places Provincial Co-ordinating Committee has selected three nominations in the Bow/Canmore Corridor Area for further consideration by a Special Places Local Committee. The Municipal District of Bighorn No. 8 was asked by the Minister of Environmental Protection to host the Special Places process in the Bow Corridor.

The Special Places Local Committee is authorized to review the nominations and then to solicit input from all affected parties. The final product will be a recommendation to the Minister on boundaries and a land management plan.

Oral presentations were made at the April 23 meeting to support the Bow Valley Park addition nomination and the larger Bow River/Canmore Corridor Candidate site. A presentation to support the Bow-Kananaskis Provincial Park site will be made at one of the June meetings.

The meetings are being held at the Exshaw Municipal Building and the public is welcome to

attend. They are taking place at two weekly intervals beginning at 9:00 am. The next meeting is on Wednesday, May 21. Further meetings will be on June 4, June 18, July 2, July 16, July 30 and so on. The process is due to be completed by November.

If the nominations are successful, the areas that would be protected under the Special Places Program would be: The Yamnuska Natural Area, Pidgeon Mountain Natural Area, Bow Valley Natural Area, Bow Flats Natural Area, Wind Valley Natural Area and Canmore Flats Natural Area.

If it is at all possible - please consider showing your support for these nominations by attending one or more the meetings in Exshaw. Alternatively, please write a letter showing your support of the Bow Valley Special Places nominations and send copies to your MLA, Premier Klien, Environment Minister Ty Lund and the Chairman of the Bow Valley Special Places 2000 Nomination Local Co-ordinating Committee, MD of Bighorn #8, Box 310, Exshaw, Alberta, T2L 2C0.

**KEN'S QUOTABLE QUOTES**

**"Quote of the Nineties"**

**"Having a smoking section in a restaurant is like having a pee-ing section in a swimming pool!" - Dave Broadfoot, Canadian Comedian**

"Alimony is always having to say you're sorry."

— PHILIP J. SIMBORG

"If you really want to put your money where your mouth is, try grocery shopping."

— THE GLOBE AND MAIL

"When two egotists meet, you can be sure it's an I for an I."

— ANONYMOUS

"Diplomacy is the art of letting someone else have your way."

— ANONYMOUS

"It takes as much courage to have tried and failed as it does to have tried and succeeded."

— ANNE MORROW LINDBERGH

"If you can't pay as you go, you're probably going too fast."

— BEN HOLDEN



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