

# THE PACKRAT

ROCKY  
MOUNTAIN



RAMBLERS  
ASSOC.

February - March 1998

**ACTIVITIES:** Hiking, Backpacking, Skiing, Cycling, Climbing, Scrambling, Mountaineering, Educational and Awareness Programs, Social Functions.

**MEETINGS:** Every Wednesday evening 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 Dr. N.W.  
Calgary, Alberta  
T2N 3E4

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

## RMRA EXECUTIVE 1997 - 1998

President	Anita O'Reilly
Vice President	Dorothy-Ann Reimer
Past President	Bob St. John
Trips Director	Ron Hunter
Treasurer	Chris Saunders
Secretary	Barbara Mitchell
Social Director	Terry Kaufman
Program Director	Maria Nemethy
Newsletter Editor	Danielle Tardif

## EDITOR'S NOTE

Unlike the last Packrat which was a bit heavy on the administrative side, this issue is packed with stories of trips accomplished by our fellow Ramblers. However, there is a definite safety flavor, with a few articles on first aid and safety issues. Take a few moments to review the courses offered, and register to the ones that suits your needs.

Did you know that at the last Christmas Potluck, we had so many people renewing or getting new memberships that we ran out of Packrats? We now have 159 members, a heartening number considering the fact that winter is our "low" season. Welcome to all.

I have a special request to you members: I need space fillers! They are these little things that fill the spaces between long articles. They can be quotes, cartoons, short articles, recipes, jokes, clipart, proverbs, longer articles that can be spread over several issues, anything you can think of. Have a look at this edition, and you will realize how much is needed for each issue.

I won't ramble too long, the ski slopes are calling me. Have a great ski season, and don't forget to write about your great ski trips.

Carpe Diem!

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## SOCIAL EVENTS

by Terry Kaufman

The annual Christmas Pot Luck was a roaring success with an awesome attendance of 93 Ramblers and their guests. The spirit of the season was in evidence through out the evening with an abundance of food and fellowship. Many thanks to Barb Fischer for making the table centers, they made the tables look very festive a perfect touch.

The next event will be the Valentine's Pot Luck which will be held February 11 at 7:30 at the Rosemont Community Hall. Once again please bring a food item large enough for approximately 6 people, your own plates and cutlery and \$1.00 to defray the costs of the coffee etc. As I will be basking on the beaches of the Cooke Islands, I will be unable to attend. Barb Fischer has graciously accepted the responsibility of over seeing this event. If you can help her out with the setting up of the tables or with clean-up I know she would appreciate the support. Barb can be reached  
The Ramblers regular meeting will be held at some time during the evening.

### UP COMING EVENTS - MARK YOUR CALENDARS!

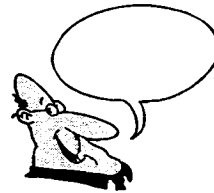
VALENTINE'S POT LUCK.....February 11, 1998

SPRING OPEN HOUSE .....May 13, 1998

STAMPEDE BREAKFAST .....July 04, 1998

CAR CAMP.....TO BE ANNOUNCED

ANNUAL DINNER & DANCE.....October 30, 1998 at the Calgary Winter Club



*"CHINA IS A BIG COUNTRY,  
INHABITED BY MANY CHINESE."  
- Former French President Charles  
de Gaulle*

*"TRADITIONALLY, MOST OF AUSTRALIA'S IMPORTS  
COME FROM OVERSEAS."  
- Former Australian cabinet minister Keppel Enderbery*

I will gladly publish any article related to the outdoors. If possible, submit articles on a 3 1/2 computer disk, in DOS or Windows format. Email submissions can be made at: [dlonguep@cadvision.com](mailto:dlonguep@cadvision.com). Typed articles are also welcome. Disks will be returned at the meeting.

The next Packrat deadline is March 18, 1998.

## PRESIDENT'S MESSAGE

by Anita O'Reilly

FINALLY! The SNOW and therefore, the ski season is upon us. Hiking went well into December this season. We joked on December 15th that if the group was late getting off Mt. Lipsett the winter gates would be closed and we'd be in K Country for the winter.

The Winter Open House was well attended and I would like to thank Maria Nemethy for organizing the program. Also thanks to those who contributed by displaying their equipment and pictures and to the members who brought baking and set up the refreshments. Bob's slide presentation gave newcomers great insight into the variety of trips offered by the Ramblers.

Always a popular event - the Christmas Pot Luck was a smashing success. Thanks to Terry Kaufman and Barbara Fischer for their hard work and planning. There are always a lot of people in the background - coming early to set up chairs and tables - staying late to do the clean-up. I'm not sure I always remember to say thanks - so THANK YOU! - you are very much appreciated.

Vice-President Dorothy-Anne Reimer has been very busy organizing courses as well as activating the Safety Committee. I'm proud to belong to an outdoor club that has made education and awareness in the quest for safety an integral part of their organization.

Interested in advertising in the Packrat?  
Please inquire about our reasonable rates to Chris Saunders

## PROGRAMS

GLOBAL

### WARMING



February 4, 1998

A talk by:  
Wally Drew



March 4, 1998

"Are we really prepared  
for what can happen in  
the mountains?"

EDUCATIONAL SEMINAR  
by: Keith Morton

HYPOTHERMIA  
ISN'T COOL!!!

## FIRST AID COURSES

by Dorothy-Ann Reimer

After conversations with various organizations and individuals who provide First Aid Training (of which there seem to be a fair number), I've come up with a short summary of basic information. Most providers offer their courses either for individuals or to groups. In general, a group will get a better per-person rate, from 10% to 20% less. Courses can be held in their facilities or in your own site.

The next stage is to find out what Ramblers would like, when they would like it and any other comments that would help selecting one or more. Please read on and give me your feedback by the end of February. There will be 'interest' sign-up sheets at the meetings or you can phone me

There are 3 types of courses (Basic, Standard, Wilderness) as well as a number of shorter, more specific ones (CPR, Refresher, Sports, etc.). Standard and Wilderness give certificates, Basic does not. Of the main 3, details are:

**BASIC:** Covers Principles of First Aid, primary assessment, breathing problems, control of bleeding, shock management, illness and injury assessment, CPR. 8 hours instruction (1 day), cost \$40 to \$60 per person (includes manual). No certificate.

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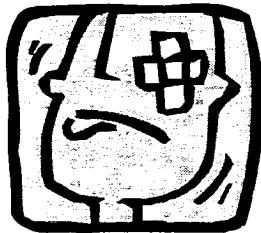
## FIRST AID COURSES

**STANDARD:** Covers the same as BASIC (in more detail) plus head and spinal injuries, bone and joint injuries, wounds, medical conditions, heat and cold injuries. **16+ hours instruction (2 days), cost \$65 to \$90 per person (includes manual). Test and 3 year certificate.**

**WILDERNESS:** Covers essentially the same things covered in STANDARD but is more in-depth and focuses on emergencies that occur far away from a 911 phone call/rescue. **34 to 40 hours instruction (5 to 6 evenings plus a Fri. night to Sun. full weekend), cost \$140 to \$160 per person (includes manual). Test and 3 year certificate.** If the weekend session is held out of town, there are accommodation and food costs (e.g. Ribbon Creek hostel).

**Sign at a meeting or phone** courses if there is enough interest.

to let me know what you want. We may want to have both spring and fall



**Infliction of The Month - Cuts and Bleeding (D and E in the ABC's)**

Well here it is, the most common problem in the woods. Cuts are dangerous for two reasons

1) blood loss can lead to shock and 2) infection (see next month's article!).

### Shock:

Shock to some degree is present with any type of injury or illness. So what is Shock? Shock occurs when there is a decreased level of oxygen passing through the organs. In order for the cells of the body to exchange oxygen there must be some pressure. When the blood pressure drops from a bad cut, the body tries to compensate in a number of ways:

- 1) The body shuts down the size of blood vessels at the surface so the skin gets paler and cooler.
- 2) There is not enough blood to fill the system so the heart beats faster causing the pulse rate to go up.
- 3) The cells are not getting enough oxygen so the breathing rate automatically speeds up.
- 4) As the body tries to save fluid the casualty feels thirsty.
- 5) Circulation to the digestive system is reduced so digestion and water absorption stop which may result in nausea.
- 6) The cells of the body need more oxygen so the casualty will feel "hungry" for air.
- 7) When the brain is not getting enough oxygen the casualty will become confused and anxious.
- 8) When fluids are being preserved, there will be a decrease in the amount of urine.

Shock can also be brought on by burns, severe emotional shock, and a violent allergic reaction. Likely, a casualty in shock will complain of thirst. Giving him/her water will likely result in them vomiting. Instead, moisten their lips with a wet

## FIRST AID IN THE WILDERNESS

*Submitted by Yolande De Visser with the kind permission of the author Chris Ludwig from the B.C. Mountaineering Club, Vancouver*

towel. While it is recommended not to give liquids to a shock victim, if help is several days away, fluids will be necessary to keep them alive. Water may be introduced slowly over time in sips. Gatorade or a flavored drink is preferable.

How do you prevent shock?

- 1) Ensure a good airway
- 2) Control bleeding
- 3) Lie the casualty down with his/her feet raised 20-30 cm
- 4) Keep the casualty warm
- 5) Avoid rough handling
- 6) Reduce pain
- 7) Reassure the casualty

Keep in mind that with severe bleeding, shock will appear rapidly even if the body is able to compensate for a small period of time. Often an injured victim will go into shock quickly once help arrives due to the quick decrease in adrenaline production.

### Controlling Bleeding:

Even with relatively small cuts, have the casualty lie down (many people faint at the sight of their own blood).

Now here comes another key word: RED

- 1) Rest - reduces the pulse, blood pressure, and thus the bleeding
- 2) Elevation - this reduces blood flow to the cut. You need not raise a limb half a metre above the body where it is difficult for the casualty to hold. What matters is that the injury is elevated above the heart.
- 3) Direct Pressure - apply with a dressing or pressure dressing (a sterile piece of cloth directly on the wound). After five minutes the blood will start to clot.

With severe bleeding a bare hand or article of clothing may be necessary (this is faster than fumbling through one's pack and first-aid kit).

In addition to RED, it is also a good idea to immobilize

*Continued on page 14*

## SAFETY COMMITTEE

by Dorothy-Ann Reimer

Minutes of the meeting – December 9, 1997

The current focus of the Committee for the coming year will be on **EDUCATION**, practical, informal and hands-on. Points discussed were:

- put into practice what one reads in the Manual
- develop various survival scenarios
- establish courses/seminars/talks, especially for new members

The Committee came up with a list of topics that are to be covered:

- overnight survival
- day trip preparedness
- first aid
- avalanche knowledge (basic & advanced)
- hypothermia & frostbite
- equipment repair
- group etiquette
- dealing with slower hikers/skiers
- map and compass course

The priority concern right now is safety during winter activities. This involves providing courses, etc. on

- transceiver knowledge (plans on for a field practice with Gert Noer and Bob St. John)
- hypothermia & frostbite
- first aid (Basic, Standard, Wilderness)
- equipment repair

The Committee also indulged in a little brainstorming on how to handle informal education and came up with a few ideas that members will soon be seeing both in the meetings and out on the trails.

Remember – Member input is important. Ideas and concerns are all very welcome.



*"IT ISN'T POLLUTION THAT'S HARMING THE ENVIRONMENT. IT'S THE IMPURITIES IN OUR AIR AND WATER THAT ARE DOING IT."*

*- Former U.S. Vice-President Dan Quayle*

*"I WAS RECENTLY ON A TOUR OF LATIN AMERICA, AND THE ONLY REGRET I HAVE WAS THAT I DIDN'T STUDY LATIN HARDER IN SCHOOL SO I COULD CONVERSE WITH THOSE PEOPLE."*

*- Former U.S. Vice-President Dan Quayle*

## THANK YOU!

I'd like to say thank you to everyone who helped me after my recent accident: Thank you for visiting me in the hospital and at home, for the flowers, chocolates, food, other gifts, cards, home-made cards, and phone calls. Thank you for driving my mother to the hospital, for driving to Canmore to pick up my car, for keeping in touch with Jane, for taking me shopping, for driving me to Ramblers' meetings, for tying my shoes when I couldn't, and for removing my stitch. It's hard for someone independent to be helpless, but you made it easier. And thank you for including me in your thoughts and prayers. I was overwhelmed by everyone's concern and generosity. The worst is over now and I'm looking forward to new adventures with my friends.

Marianne Wolters

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## REGARDING SAFETY POLICIES

by Wilf Twelker

When Ron Folkins died in an avalanche in 1995 on a Ramblers' trip, a whole new set of guidelines, safety policies, etc, etc, were drawn up in a "Members Manual" February 1996, supposed to make our outdoor activities safer. In the meantime we had 2 more accidents: Wally Drew dislocating his shoulder trying to do a headstand on the trail, Marianne Wolters taking a slip on Fortress Mountain cracking her ribs, flown out next day her body temperature was down to 32 degrees, a bit too darned close (down) for comfort. But congratulations, you made it.

The Question? Were those guidelines, safety policies and name them, of any help reducing accidents? As brilliantly worded as they are to the last detail of every aspect, they are for naught and nothing I dare to say. And there are some 26 pages of them. One more question? Who is supposed to read all of those 26 pages? I can't help it and wonder at times whether some brilliant mind wants to make himself a name.

Life on the trail and mountain is just plain different. For one thing, mountains don't care, they send you flying if you don't watch your step. And with regards to our fellow Ramblers: we had accidents in the past, we are having accidents now and we will have accidents in the future. Never mind how brilliantly and detailed those safety policies get worded.

To the point now. Perhaps it is time to review the safety policies (again). Better yet: tear them up. Then on one piece of paper, 1 of 1 please, (this page is not supposed to be a playground for brilliant minds), jot down the most basic guidelines. The idea: Ramblers may read them before being tossed into the far corner of somewhere anyway. Then at the end of that page in big letters: **USE YOUR OWN COMMON SENSE**. This is the same common sense our most brilliant minds go by anyway once on the trail and mountain, for the good or worse, I happen to see at one time. And the Members Manual is way back in Calgary anyway. And it is the same common sense hundreds of parties go by every year toiling the trails and mountains. And they are not doing too badly.



## WILDERNESS FIRST AID COURSE NOV - DEC 1997

by Danielle Tardif

For those of you who are still debating if you should ditch \$140 for the Wilderness First Aid course, I thought of giving you a foretaste of what you can expect of this course.

The course was offered through the Hostel Outdoor Group (HOG) to the Calgary Area Ski Clubs (CASC), which the Ramblers belong to. We were 10 students in my class, half from the Ramblers, half from the HOG. Our qualified instructor was Kevin Dalton, who you may know already if you participated in the Backcountry Challenge last fall, again organised by the CASC. He knows his first aid inside out, and is a great instructor to boot.

We met 5 evenings for 3 hours of instructions. I have to admit that before starting the course, 3 hours of class after a busy day at work didn't sound too appealing. But in fact, Kevin made it so interesting that these 3 hours went by very quickly. Half of the time was spent on theory, half on practice. We covered CPR, which we practiced on dummies, bandaging major bleeds, splinting broken bones and dislocations, what to take in a first aid kit, treating shocks, and moving a spinal injured casualty. We also had a workshop on cold related injuries, and what to do to prevent and treat them.

The real fun began on our hands-on weekend. We all met Friday night at the Banff Youth Hostel, and that evening, we practice evacuating with a stretcher that we built. I don't want to give out the scoop, but the stretcher needed to meet very rigorous criteria. The rest of the weekend was spent mostly doing scenarios, where half of the group were casualties, half were rescuers.

We got to practice our talent as actors. Kevin used make-up to simulate injuries, and we were given a script. At first the scenarios terrified me, I thought I would not remember what I learned and would not know what to do. Furthermore, I was in the first rescuer group. But I really enjoyed my first experience, and realised that this was a great learning tool. Kevin came up with the different scenarios, increasing them in difficulty. He gave us a brief lecture on how to prioritize the casualties, i.e. who should get treated first. I really enjoyed the use of make-up, as it made it more realistic, and we could actually diagnose the problem, instead of just pretending. We also bandaged our casualties, which was good practice.

We left Sunday night more confident in our abilities to give first aid in the wilds, had lots of fun, and made good friends. This is everything I got for my investment. It was a very worthwhile course.

## CASC CORNER

by Bob St. John

The Ramblers belong to the Calgary Area Ski Clubs, a grouping of local clubs who cooperate on common concerns, specifically safety issues. The following are some events and projects CASC has been busy with this winter:

- 1. New CASC Member:** Bow Waters Canoe Club has joined the group with Marianne Wolters being their representative.
- 2. Wilderness First Aid Course:** A certificate course offered last September and November is being offered again starting in mid to late February. The course will involve 18 hours of classroom instruction over 6 evenings, and 15 hours of practical experience on a weekend at the Ribbon Creek Hostel. The cost remains \$140.00 (plus \$34.00 for 2 nights at the Hostel). See Dorothy-Ann Reimer or Bob St. John if interested.
- 3. Introductory Avalanche Seminar:** Two U of C Outdoor Pursuits students put together a seminar based around the video "Beating the Odds", with supporting slides and overheads. The purpose of this short seminar is to introduce avalanche safety basics to new club members who would hopefully follow this up with a more complete course. Thursday, Feb 5, 1998 at 7:30 PM at the Hounsfield Heights Hall (by North Hill Shopping Centre). \$5.00 at the door.
- 4. Track-Set Skiing Coordinators Workshop:** A one day workshop with classroom instruction and skiing at Shaganappi Golf Course in early Feb. Call Dave Moe at CSC office (282-4122).
- 5. CASC Q Cards:** Weather resistant, wallet sized cards. Prototypes have been distributed to member clubs for evaluation. Final 1998 versions will be available sometime this spring.



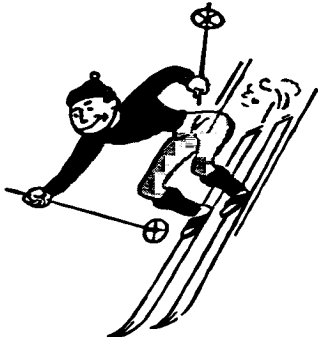
## KEEPING DRY

by Sandra Newell

Many hikers and skiers have worked up a pretty good sweat and by the time they stop for lunch, and then find themselves cooling off too much or too rapidly because of their wet clothes.

Rather than carry dry clothes and finding a private place to change, I have found the following tip to work very well.

Slit a sleeveless undershirt or tee shirt up both side seams and put it on next to your skin. The shirt should be made of an absorbent material. Put your other layers of clothes over top. When you stop for lunch, untuck the waist of the undershirt and pull it up through the neck of your outer clothes. The clothes now touching your skin are much drier than the undershirt that you have just removed.



## UPCOMING TRIPS

David Mulligan is planning the following multi-day trips. Call him for further information

1- February 14, 15, 16, 1998 (family day): **Yoho Traverse**  
Trip # K512, K560, J320  
Rated Mountaineering 7  
Total 51 km, 4000 feet elevation gain  
Staying in Bow and Stanley Mitchell ACC huts.  
Cost \$22 or \$15 per person per night (2) + Park passes.  
Maximum 8 persons.

2- April 10, 11, 12, 1998 (Easter):

a) **Mt. Castleguard**

Trip # M130, M160

Rated Mountaineering 7

46 km return, 5000 feet elevation gain

Tent camp

or

b) **Waterton Lakes**

Trip # P130, P140

Rated Off-Trail 4

Approx. 20 km return, 2000 feet elevation gain

Tent camp

Cost: Park passes

Maximum 8 persons.

## A NOVICE SKI TRIP

by John F Schleinich

On the last weekend in January, I went on a ski trip with Dawn Jones. We skied the Pocatertra trail in the Kananaskis. She classified the trip as "Novice", which made me wonder why, since Pocatertra has a few up-s and down-s that require more than novice skills. Well I found out soon enough.

Eight of us came to profit by Dawn's call. And what a group we were! One member, while discussing the day's events, after the ski, aptly commented on the group as being "Foothill Rejects". The member probably had me and a lady in mind, both of whom were not too long ago released from the Foothill's Hospital.

Later I found out of another invalid in our group, a member who suffered of a "Chronic Fatigue Syndrome". Two others in the group apparently never cross-country skied before. The remaining three participants could just take care of themselves.

At the beginning of the day I didn't know any of these facts except, of course the two "rejects", one of which was I, the other, however, just finished skiing the day before in Banff Park. Logically I was concerned only about myself. Will I be the slowest, holding up the rest? Will I spoil the trip? It was my first real ski this season, six weeks since my operation.

So I skied ahead. People were passing me, stopping, waiting, passing again - stopping, waiting. It appeared they were skiing circles around me. Than suddenly I was alone, the group was behind me and I didn't know why. By that time I was happy that skiing was good and I experienced no problems.

At lunch, only five of us ate at the Whisky Jack turn off, the rest of the group never showed up. Later that day the picture cleared and I was ashamed for turning my back to problems which concerned the whole group. While the five of us happily skied along, the "Fatigue Syndrome" person was picked up by the Ski-patrol and skiddoo-ed out by the ranger. The two beginners remained around the hut, they could never get started, and Dawn was torn between the group, looking after all the problems by herself.

Finally I understood what her "Novice" trip meant. We were all supposed to stay together, helping out to create a comfortable situation for everybody including the coordinator whose day was completely spoiled. In theory any trip, no mater how difficult could be modified to become a novice trip. The participants, if they sign up, will have to act accordingly.

When I look at our club as a whole, I visualise it functioning like a human body. The President as the head, Vice President the shoulders, the rest of the executive as different body-members working together for the good of the club. But the backbone, the part that upholds the club are the coordinators.

Fortunately we have many competent and some exceptionally dedicated coordinators. They are all different from each other. Different in performance, in trip preference and different in personalities.

When things are unlike, preferences develop. Consequently some coordinators are liked more by some

members and less by others. That too is fortunate. The workload averages out.

Dawn is one such dedicated leader who provides the less proficient skiers with trips and lessons during the winter. She is caring and selfless, a competent skier. That is why she only leads winter trips. Most often for the beginners and at times for novices.

The trip I was on last January was a good example of her charismatic love for people. Dawn stayed with the weak and the slow, helped them along and encouraged them to try and learn. They all had fun, all except Dawn. She sacrificed her outing, fun in the snow, for the sake of others, the less able. In my ignorance I skied on, and away, instead of giving her a helping hand and make her day a bit easier.

Although I have experienced many noble acts of various coordinators helping others, never have I seen anyone completely wasting a day of outdoor enjoyment for the love of the other members. But perhaps, in spite of my age, maybe I have not been around long enough, nor have I seen everything.

There is, however, one feature of her leadership which I believe is unique. Before the ski she gave me a hug and with it enough energy to "conquer" Pocatertra. Dawn is the most gentle, most loving and charismatic coordinator the Ramblers have, perhaps ever had. The club does recognize and thank her for her great service. Personally I want to thank her for her warmth and charisma she brings on her trips. After all, as she so well put it: "Old people too, need a hug."

### FOUR PEOPLE

"Everybody," "Somebody," "Anybody," and "Nobody." There was an important job to be done and everybody was asked to do it. Everybody was sure that somebody would do it. Anybody could have done it but nobody did it. Somebody got angry about that because it was everybody's job. Everybody thought that anybody could do it, but nobody realized that everybody wouldn't do it. It ended up that everybody blamed somebody when actually nobody asked anybody.

Submitted by KEN PARK



# INTERNET CORNER



Here is my column for all Ramblers connected to the Internet. I found the tips under "Top Ten Outdoor Tips" at the Campers Village site very useful for those river crossings that we have to cope with on some trips. Remember, if you want to share some good sites related to the outdoors, feel free to E-mail me the addresses and I will include them in a future newsletter.

Denis Longu p e  
dlonguep@cadvision.com



Calgary Area Outdoor Council:  
THE TRANS CANADA TRAIL:  
Alberta Wildemess Association:  
Ann and Sandy Cross Conservation Area:  
Banff National Park:  
Campers Village:  
Explore Magazine:  
Ribtor Sales:  
Totem Outdoor Outfitters:  
Great Outdoor Recreation Pages:

<http://www.freenet.calgary.ab.ca/~caoc/>  
<http://www.acs.ucalgary.ca/~rosenede/tctrail.html>  
<http://www.web.net/~awa/>  
<http://www.lexicom.ab.ca/~crosscons/>  
<http://www.worldweb.com/ParksCanada-Banff/>  
<http://www.campers-village.com/>  
<http://www.explore-mag.com/>  
<http://www.ribtor.com/>  
<http://totem.advnet.com/>  
<http://www.gorp.com>

## WHITEMAN PASS JANUARY 1ST - 4TH 1998

by Alistair DesMoulines

Having spent more time driving than skiing over Christmas I decided that we'd do a lot more skiing than driving for New Year. Four days available so I wanted to visit an area I'd not skied to before which was fairly close to Calgary but near enough the divide so that there would be sufficient snow.

I'd never skied to Whiteman Pass - some years someone coordinates a long day ski trip to it. I was on a 3 day backpack for the July long weekend in 1985 coordinated by Dick (as he was then) Jull. Deanne Dearing, Brian Pelz, Ron Folkins, Bev Bendell and Reg Fryling were also on the trip. We went to Whiteman Pass on the first day before going on to Marvel Pass the second day and coming out via Owl Lake on the third day. I noted in my log that we had left Watridge Lake at 9.45 a.m., the trail from the Spray Valley was generally boring in the trees and that we reached the lake immediately east of the pass at 2.30 p.m. We went to the pass then climbed a peak about 1200' above the pass before camping at a lake about a mile west of the pass.

So - let's ski to Whiteman Pass on the first day (17km and about 1500' elevation gain) then on day 2 we can explore some new territory and ski south east through a pass east of Whiteman Mountain to a meadow area which I'd seen from the summit of Mt Soderholm in August 1996 (8km and 1200 feet elevation with some possible route finding challenges). On day 3 we can do a day trip from camp and enjoy some skiing around and maybe go up an 8900' summit.

On day 4 we'll ski back out to the parking lot.

### January 1st:

-15C in Calgary when Gail and I left at about 8.45 a.m. We went via highway 40 and the Smith Dorrien road, the latter not surprisingly still had about 6" of new snow on it. The ice on the side windows suddenly became liquid near Mud Lake - we were now in the warmer air. We then turned off for the Watridge Lake Parking area - no vehicles had been along the road since the last 8" of snow had fallen. There were many vehicles in the parking area.

We started skiing at about 11.00. Trail breaking was quite easy and it was a mild -5C. There was little need to snow plough going down the hill to the Spray River bridge as the new snow provided the brakes. After a brief stop at the bridge we turned up the Spray River trail - a trail had previously been broken so we only had the latest snow to break trail through. We met 2 other people coming the other way - they'd been at the Spray Warden Cabin. Wax was working well. We had lunch at about 1.30 p.m. at one of the places where you get a good view of the river and beyond - the temperature was back down to -15C. By 2.30 p.m. it was snowing lightly and we were at the bridge by the Whiteman Pass trail junction - the sign said it was 8km to the pass. Now the real work started - no one had skied this route this season. We sunk up to our knees or deeper in open areas - it was slightly less deep in the trees. We then passed a sign that said "Whiteman

*Continued on next page*

## WHITEMAN PASS JANUARY 1ST - 4TH 1998

Pass 6 miles" - I assured Gail we were going in the right direction!

At about 3.45 p.m. we came to an obstacle that I was prepared for but had hoped we would not have to deal with - open water! Currie Creek was not frozen. There was a log jam upstream - I tried negotiating that - the snow was not consolidated on the logs and I felt the danger of falling in was too large - we investigated some rocks lower down but too far to jump. So off with the boots - roll up the long johns and on with the running shoes! That was not too unpleasant, neither was wading the creek (it was no colder than the Ghost river in October) - the unpleasant part was breaking trail through knee deep snow up the bank the other side with bare legs! I put my boots on and tramped down all the snow so Gail would find it easier. I threw the runners across to her and she made it across OK. After a short distance we had to cross Whiteman creek - we could jump that. It was now 5 p.m. and there was running water so we decided to camp. It started snowing much more heavily - we had to be careful not to lose things in the snow. Gail put the tent up while I cooked supper. The temperature dropped to -19C - the running shoes were frozen solid! After supper I broke trail a bit further up the trail until a clearing where I could not see where the trail went. We were both in the tent by 8.30 p.m.

### January 2nd:

Got up at about 8.00 a.m. - -20C - you always get plenty of rest on these mid winter trips! About a foot of snow had fallen during the night. We had breakfast, packed up and set off by 10.00. I think Gail thought we were close to the pass - that's why she was eager to go on - and neither of us wanted to cross the river again just yet! We were in fact about 7km from the pass. I could still distinguish where I'd broken trail the previous evening. We got to the clearing and could not see where the summer trail went so we kept along the right edge of the clearing - slow progress - over the knees at every step - also the skis got caught in the willows sometimes and it was not easy bringing them back to the surface - it was even harder to try to push forward with the skis below the surface. We did not find the summer trail as we left the clear area so I took a compass bearing of the line of the trail from the map, concluded the trail was to our left and angled across that way. It was hard work and we were relieved to get back to the summer trail - this was a good morale booster! We alternated trail breaking and one person stopped to eat while the other one carried on.

We came eventually to a large open area - the sun was shining brightly - however an open area meant deeper snow. Gail seemed not to sink as far as I did so she did more of the trail breaking in the open. The views of Mt Shark and Mt Smuts were excellent. Again we had no clue of where the summer trail went so we followed the right edge of the clearing until at 2.30 p.m. we came to a trail junction sign - Whiteman Pass was now 4km away. The temperature was -22C and the clear sky meant it would be a cold night. We followed the trail up the valley - the snow was not getting any firmer - if anything it was deeper. Back in the trees it was easier but then we came to a large open area with a series of

avalanche slopes on the north side. It was 3.45 p.m., we lost the summer trail in the open area so we were again getting a bit tangled in the willows. The last avalanche slope before the trees had recently slid and we were happy to have some firm snow to ski on for a few yards (so this trip should definitely have a yellow rating!). I thought of Healy Creek and decided we would camp in thick trees with side branches tonight. It was about 5.30 p.m. when we stopped to camp far enough from avalanche slopes. We were probably just under 3km from the pass and had optimistically travelled about 4km in 7.5 hours! The temperature soon dropped to -26C, we had to melt snow for water, soup and "Mac Tuna" for supper - the tuna had to be thawed out from the container. Hot chocolate always tastes good to end the meal!

### January 3rd:

It was still -26C when we got up. We had our porridge then, with just daypack gear, set off for the pass at about 10.00. Gail was optimistic we would soon be at the pass - I was not so sure. The first section along the valley floor in the trees went relatively easily. The temperature climbed quickly and by 11.15 it was -14C but clouding in a bit. We lost the trail at about the place where I thought we would start climbing the last 800 feet up to the pass. I took a compass bearing and we set off up the slope the trees were generally well spaced but we did have to struggle through some tight spots and inevitably our skis caught under rather than over some vegetation. We kept as straight a line as possible as every step was an effort.

By 2 p.m. we were at the 7000 foot elevation where I expected to see a lake. We were in trees and I did not know in which direction the lake was. The compass to the rescue again - by taking a bearing of the line of steepest slope I concluded we were north of the lake - we traversed round

*continued on next page*



**THIS IS SCARY BUT IT REALLY WORKS!**

Work this out as you read.

Don't read the solution until you have worked it out.!!!

1. First of all, pick the number of days a week that you would like to go out.
2. Multiply this number by 2.
3. Add 5.
4. Multiply it by 50.
5. If you have already had your birthday this year, add 1748. If you haven't had your birthday yet, add 1747.
6. Last step: Subtract the four digit year that you were born.  
\*\*\*\* see page 13 for results \*\*\*\*

and found the lake. The pass was now visible and Gail led the way across the lake and then we had one last steep section to climb before finally reaching the pass at 3.45 p.m. after over 19 hours of skiing! The views from the pass were limited by some cloud and light snow falling. The temperature was -9C - the snow was wet and was caking on to the trees in the way that it often does in BC. We had a half hour break, admired the iced trees and looked for a historical marker that I vaguely remember seeing on the 1985 backpack but we did not find it.

We left the pass at 4.15 p.m. - we kept our skins on for the descent so we could follow our track and keep the speed down because of all the hidden vegetation hazards. The return trip to camp was much faster - by 5.45 p.m. I had the stove on and was melting snow for supper. It was a relatively warm -13C and the crescent moon through the trees gave us some extra light for a while.

January 4th:

After another 12 hours sleep we were up again - we packed up and left about 10.15 and followed our tracks back down the valley. Just after crossing the avalanche debris Gail saw 4 moose - mother, father and 2 kids we thought - not far from the trail. We decided to give them plenty of space so broke a new trail further away from them - they ran off into the trees eventually. There was about 4 inches of fresh snow on the trail and we made much faster time getting to the trail junction in about an hour. I tried doing some trail breaking to short cut a corner of our in route and found that the intermediate layer of snow which had generally only supported Gail on the way in, now supported me as well.

Neither of us were looking forward to the river crossing - about 18 inches of snow had fallen since we crossed it 3 days earlier - that meant I would have 18 inches of snow to break trail through with bare legs again! We arrived at the river all too soon - at least it was warmer for this crossing (-6C) and it was not snowing. I thawed out the frozen runners by leaving them in the water for a minute then I could put them on. The next section of trail of course also had the new snow on it so it was much slower going until we reached the main Spray River trail. From there back to the van was easy skiing on a broken trail. The temperature fell to -15C again about 1km from the bridge, we crossed the bridge and managed the climb up to Watridge Lake without using skins - we also climbed back to the warmer air (-9C) briefly. We reached the van at about 6 p.m. - there was of course 18" of snow on the van roof and the snowplough had left a wall of snow between the van and the ploughed road!

The Drakeburger and pint went down very easily and we drove home by about 9 p.m.

I think we've set a new record for the longest trip to Whiteman Pass and any further trail breaking this season should seem easy in comparison with this! Despite all this, we enjoyed the trip and will hopefully have better snow conditions when we try the originally planned trip again. X



Don't forget the Valentine's Pot Luck on February 11 at 7:30 p.m. at the Rosemont Community Hall. Bring a food item large enough for 6 people, your own plates and cutlery, and \$1.00 to defray the costs of the coffee.

Happy Valentine!



Monday evenings  
at 8 p.m.  
Room B132, Physical  
Education Building

- February 23 Vancouver Island Sea Kayaking by Cal MacDonald
- March 16 Coastal Hiking Trips by Richard DeArmond
- March 30 Queen Charlotte Islands & Bella Bella by Cal MacDonald

For information, call 220-5038

### BOLAS DE FIGO - FIG BALLS

by Brieta Angus

250 g	1 ½ cups	whole blanched almonds
250g	1 ½ cups	dried figs
125 g	½ cup	semi sweet chocolate
7 ml	1 ½ tsp	grated orange rind
25 ml	2 tbs	orange juice or liqueur (Grand Mamier)
		icing sugar to coat balls

- Toast almonds either in microwave or 350 degree oven until lightly browned.
- In a food processor or blender, finely chop the almonds, figs and chocolate; add orange rind and sufficient juice or liqueur to make a smooth paste that can be rolled into balls.
- Shape into balls and roll in sugar. Allow to dry on a platter before storing.
- Can be frozen for long term storage.

## DEVIL'S HEAD

by Reg Fryling

"Elevator Mtn." was the name I gave it when it loomed so prominently dead ahead (between Bearspaw and Cochrane Hill on the 1A) during a trip to Banff — because it looked like a grain elevator to this kid. The early Indians of the area apparently had a more sinister perspective — they called it variously, "Devil's Nose", "Devil's Thumb", or "Devil's Head". In fact, in the area, supernatural theme was prevalent: Devils Gap, Phantom Craig, Ghost River, and Apparition Mountain.

Early explorers noted its prominent cliffs as they passed through the area, but the first recorded ascent was in 1925 by L.S. Crosby, J.W.A. Hickson, and Ernest Feuz Jr. (guide), who approached from Lake Minnewanka. I first got to its lower base in the late 60's with friends who had attempted the "head" from the west ridge, but got hung up, too late for another try. So, armed with new information, we were there to try it in a steepish gulley on the south side. We camped where Claw Creek (west of D.H.) joins the Ghost River in superb late fall conditions — but awoke smothered in snow!

For a number of years following, there seemed to be a problem with road access. I now suspect the access road (from the Trunk Road on in, built and "maintained" by Calgary Power) was always available. The power company built a diversion grate on the Ghost just east of Devil's Head, which directs all the water during dry periods along a canal that loops around Phantom Craig, and dumps the water into the top end of Lake Minnewanka — all this to feed the power plant near the Banff Highway. Anyway, at the Trunk Road, there were "no trespassing" signs strategically placed; and entrance permission refused by the rancher. The hired man we talked to in the summer of 71 told us about a seismic road north a couple of miles; so three of us bounced our way slowly up into the hills in my new Volvo (I did own one new one) Wagon. We had to slip the clutch up a couple of the steepest hills, and build up the creek crossings with rocks and branches. We went down one hill that was so steep I doubted if we could go back up, but we were gaining ground, and finally turned south on a trail we hoped would take us out to the power co. access road well west of the ranch. When it was almost in site we came to yet another creek, only this one was plugged by a beaver damn and looked a little deep. Art and Rosewitha got out and I gently started in. The nose of the Volvo dipped alarmingly, and when I saw the water reach the top of the hood I gunned it. It surged through and up the other bank and stood there idling — I've since given some thought to the alternative picture.

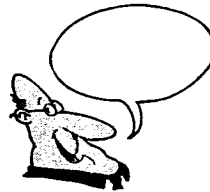
We parked above the hill because the Ghost was running, and we may have used up most of our fording luck. We packed up the valley until we were south of the lower bastions, stashed our camping gear, and hunted for a way up. We chose a series of treed cliffs, and worked our way up to a gentler ridge above the local tree line. The "head" now loomed above us. We were entertained by unusual rock formations — windows and ghostly shapes, as we walked

easily towards the monolith. One shallow gulley stored a series of huge round rocks at intervals — we named it the "bowling alley".

It was late afternoon when we finally reached the "head". The starting point was fairly easy to see, but there were several steep gulleys leading up in the loose limestone, so we made a couple of false starts, before scrambling gingerly on our way. The main gulley ended just before we gained the long west ridge; and, again by trial and error, we found a classic little route using a system of short gulleys and little cliff bands that paralleled the main ridge. This lead eventually to the ridge just below the huge friendly summit where we relaxed in the late afternoon sun. Nowhere on the route is there a high exposure problem, although some people prefer a rope for a few of the pitches. By the time we reached the bottom of the "head", the sun had gone down, and camp was still far below, with some tricky lower cliff bands to work through in the failing light. We opted for a straightforward decent west into Claw Creek, arriving there in the dark. We built a cheery little fire in the creek bed, gobbled up the rest of our food, put on sweaters and rain coats, etc., and snuggled down among the rocks for a surprisingly restful night

Trip #2 occurred about a year later with my young neophyte Sunde-ite cousin, Ed. This time, after more pouring over maps, we approached by Waiparous Creek on a reasonably good trail for our old two-wheel drive farm pickup. We eventually forded the Waiparous and drove another

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*"THE INTERNET IS A GREAT WAY TO GET ON THE NET."*

*- Republican presidential candidate  
Bob Dole*

*"WITHOUT CENSORSHIP, THINGS CAN GET TERRIBLY CONFUSED IN THE PUBLIC MIND."*

*- General William Westmoreland, during the war in Viet Nam*

*"IT IS BAD LUCK TO BE SUPERSTITIOUS."*

*- Andrew Mathis*

*"IF YOU'VE SEEN ONE REDWOOD TREE, YOU'VE SEEN THEM ALL."*

*- Forestry expert Ronald Reagan*

couple of miles on an old forestry fire access road. From there we bushwhacked southwest, entered the narrow interesting valley of the north fork of Johnson's Creek, and climbed south onto the treeless east ridge, under the black tower. From there a relatively easy traverse over rock and scree took us around the south side to the route up. After a successful summit venture, we decided to continue our traverse, and explore Gibson's Ridge to the northwest. The topography over to Castle Rock (north) was easy, but a wind through the gap almost blew us away, so we used commando tactics and fell flat with every gust. In any event, time won out, and we resumed our traverse east until we rejoined our approach route, and home. Interestingly, Ed, who was just out of high school, had previously asked what I considered the most important piece of gear to get when one was short of cash. With out hesitation I said "boots!" Well, he didn't get around to buying boots before the trip, so did it in runners. With all that sharp limestone and traversing, his runners were tom to shreds and the soles had to be tired on to complete the trip. He wore slippers for the next week — and bought boots! We've since enjoyed many good trips together.

Mid summer, 1980, a third trip was hatched with four young teenagers — my two oldest, Chris and Heather, and two friends, Tyler and Jason. We again took the old farm truck up the Waiparous, but this time carried camping gear. As we cut through the bush Chris stopped and sat down to check a hot spot on his foot. I said; "Come on, you can stop when we get to the open creek bed". He replied; "Dad, you told me that the best time to fix a blister is when you first feel a hot spot!" I laughed a little sheepishly — and he patched his foot. We walked up the dry creek bed hoping for some sign of water so we could set up camp. We finally spotted a rivulet a hundred or so feet up on the south side — and reachable, so we set up camp, and made the climb with all our water containers. Early next morning as we set off for the summit with our day packs, we discovered lots of water in the main creek bed a couple of hundred yards further up — such are the ways of the wily limestone. We essentially followed the same route up as with Ed. It was a fascinating experience for the kids — Devils Head was in plain view from our Sundre farm. I carefully explained the dangers and procedures with loose rock, and the four of them completed the trip up and down (with lots of sunny summit time) with out dislodging any rocks — little monkeys. I had heard that the youngest, Jason was getting low marks in phys.ed. at school, and felt inferior about it. I told him after the climb that I thought he and all the others had done a first rate job, that he had the prowess of a real athlete — you could see him glow. As we sat around enjoying our evening meal, I noticed, with alarm, a huge black cloud building in the east. On the track in, beside the Waiparous and even with Blackrock Mtn., there is a hill seemingly formed of alluvial clay, which was easy to drive over the first time with Ed, but had since been badly eroded by four-wheel drives to the point where we had

continued on next page

RESULTS: *from page 10*

You should now have a three digit number:



The first digit of this was your original number (i.e. how many times you want to go out each week).

The second two digits are your age!!! It really works.

This is the only year it will ever work, so spread the joy around to everyone you know.

**JOHN MacINNIS 1922-1997  
FOUNDER & HONORARY LIFE MEMBER  
ROCKY MOUNTAIN RAMBLERS**

*by Wally Drew*

John Hickey (his former name) established the Rocky Mountain Ramblers Association under the Societies Act of Alberta on March 2, 1954. He was the first Chairman (now called President) and the Wednesday evening meetings were held in his bedroom in his parents' house in Rosedale. He was an avid backpacker, camp cook and very knowledgeable about the outdoors and safety. John had his own sense of humor too. When we were camping at Lower Waterfowl Lake Victoria Day weekend 1957, Sandy Vair, also a great chef & a teetotler, was cooking the stew. When Sandy stepped out briefly John squirted wine from the goatskin he always carried into the stew. Sandy boasted at supper that it was the best stew he'd tasted, even after we told him what John had added.

Even though John left the Ramblers in 1957, he came to our big 40th anniversary celebration in July 1994 to see old friends and speak to us. He said we needed more youth. Since then we have been fortunate in attracting more younger members.

John among his many achievements also served in The Canadian Armed Forces in World War II. He also became Director of Purchasing for the City of Calgary. John died peacefully in his sleep at home in Calgary on December 30. I am disappointed that there were no other Ramblers/ex-Ramblers at his funeral service on January 6, 1998.

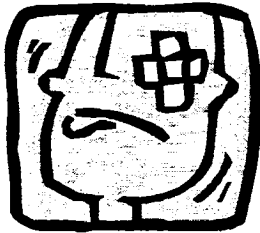
Thanks to John's initiative and ability in giving us a start, the Ramblers are an ongoing very active club that has given many hundreds of us the chance to enjoy healthful outdoor activities in our Rockies and Foothills, and form friendships. All of us, whether we knew him or not, owe thanks and gratitude to John (Hickey) Macinnes.

## DEVIL'S HEAD

*continued from previous page*

to straddle a 6 foot deep trench to drive over with the kids. Anyway, the only way to drive out of that country was over a dry hill — and it mightn't stay dry for long. So I looked around at the tired relaxed group, and said; "Guess what?". They just laughed — thought I was joking; but we quickly packed and raced for the truck. The rain and night had already started by the time we reached the hill. Two fellows on motorcycles stayed to help if necessary as we gingerly clung to the damp clay as we crept over the hill. On the other side, several four-wheel outfits were camped, but none were venturing in over the hill.

The next two trips (in 82 and 83 I believe) were done from the Ghost side (access on the power road having been reconfirmed) with some of my kids and Sundre colleagues. Then about 1986, I took in approx. 16 Ramblers, but a heavy cloud layer obscured the top of Devils Head, leaving Phantom Crag in the clear, so 12 of us went that way, and 5 did the head. After gaining the top, we dropped and did a traverse, coming down further up the Ghost. A short while later, about 10 Ramblers made it to the top in clear weather. We did feel, however, that a smaller group would be advisable due to the loose rock problem. X



Some notes about bandaging:

- 1) Be careful not to tie the bandaging so tight as to cut off circulation in the limb. Monitor the temperature of the limb (compare your skin temperature to the casualty's) and loosen the bandaging if necessary. If the wound begins to bleed when you loosen the bandaging, re-tighten it. There are different opinions on this matter. However, I believe that in a mountaineering setting, reducing the loss of blood is the first priority. It is probably a good idea to loosen tight clothing articles such as boots and overmitts to ease circulation to those areas.
- 2) Make sure that the underlying dressing is completely covered by the bandage so as to prevent infection. Wet bandaging also conducts heat away from the wound faster than properly wrapped bandaging.
- 3) Triangular bandages are very versatile and are good for large wounds/dressings. Most commercial wilderness first-aid kits that I have encountered do not include them. Get them!
- 4) If help is more than one day away you will want to change the dressing to reduce the possibility of infection. Hence, any multi-day trip leader should carry multiple dressings, gauze, and bandages.

**Improvising Materials:**

Suppose that all you have is a puny first-aid kit with two tiny gauze pads. Now what do you do? Well, clean socks, fleece mitts, and sweaters all can work as dressing. However, you should NEVER use such materials directly against the wound or the fingers will become embedded in the wound (bad news). Try the following instead:

- 1) Place the gauze pad directly against the wound
- 2) Place the dressing material (i.e.: clean socks [not dirty smelly ones]) over the gauze
- 3) Bandage the dressing with a clean T-shirt

I am sure there are many other possibilities that you can come up with. Down parkas can be cut, lite loft bags ripped, and tent flies tom. It has been recommended to me that one should use the victim's equipment first before destroying your own. Be wary about upsetting your casualty too much by destroying his/her \$800 down bag for little reason as they will likely go into cardiac arrest at the sight of it.

Next month's inflections: **Wound Care and Infection.**

## FIRST AID IN THE WILDERNESS

*continued from page 4*

the limb to prevent agitating the wound further. This is especially important on joints: One other point; do not wrap bandaging on a severely bleeding wound; instead place pressure directly with your hand on the dressing until the bleeding can be controlled. Obviously you need not lay a casualty down for a minor wound. If there is relatively little bleeding you will want to wash out the wound first to prevent possible infection and scarring. Knuckle bandages and finger tip bandages are great for minor cuts and gashes on the hands. Elbows and knees always present a special challenge (use a small dressing or bandage and run adhesive tape around the edges). Yes, the good old elastoplast band-aids are useful at times. Do be aware that some people are allergic to the glue used in elastoplast band-aids.

**General Wound Management:** A three layer system.

- 1) A layer of gauze next to the wound (not necessary with some non-stick dressings)
- 2) Dressing wrapped snugly. Your dressing should be able to absorb lots of blood!
- 3) A bandage to hold the dressing in place (such as a triangular bandage).

## KEN'S QUOTABLE QUOTES

"The impersonal hand of government can never replace the helping hand of a neighbor."

— HUBERT H. HUMPHREY

"A true friend is someone who is there for you when he'd rather be anywhere else."

— LEN WEIN

"The best costs more to make. We would rather explain the quality than apologize for its absence."

— ALEX TILLEY

"In the race for quality, there is no finish line."

— DAVID T. KEARNS

"Only Irish Coffee provides, in a single glass, all four essential food groups: alcohol, caffeine, sugar and fat."

— ALEX LEVINE

"I'd rather have a free bottle in front of me than a prefrontal lobotomy."

— TOM WAITS



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## ROCKY MOUNTAIN RAMBLERS TRIPS: OCTOBER 1/97 - DECEMBER 30/97

by Ron Hunter

Coordinator	cycle	downhill	hikes			X-C ski				Total	Person-days
			off-trail	scram	trail	track	trail	off-trail	mntn		
Davis			1	0	0	0	0	0	0	1	4
Denman			2	0	2	0	0	0	0	4	49
DesMoulins			0	0	1	0	0	0	0	1	4
Drew			0	0	2	0	0	0	0	2	15
Jones			0	0	0	1	0	0	0	1	9
Kittle			0	0	1	0	0	0	0	1	2
Mason			0	1	2	0	1	0	0	4	6
Mulligan			0	0	0	0	0	1	1	2	14
Noer			4	3	0	0	0	0	0	7	43
O'Reilly			0	0	2	0	0	0	0	2	17
Reid			0	0	1	0	0	0	0	1	13
Schleinich			0	0	7	0	0	0	0	7	80
Sinclair			1	0	9	0	0	0	0	10	129
St.John			2	0	2	1	1	0	0	6	79
Tardif			1	0	0	1	0	0	0	2	8
Wolters			1	1	0	0	0	0	0	2	9
<b>Grand Total</b>			12	5	29	1	1	3	2	53	481
<b>Previous Year: Oct-Dec/96</b>	2	1	2	5	13	11	7	5	0	46	293

# EXECUTIVE MEETING MINUTES

by Barbara Mitchell

January 13, 1998

7:30 p.m.

**PRESENT:** Anita O'Reilly, Dorothy-Ann Reimer, Ron Hunter, Danielle Tardif, Chris Saunders, Maria Nemethy, Bob St John, Terry Kaufman, Barb Mitchell

Business Arising from previous minutes

Chris did investigate our status with Alberta Registries. We do not belong, but since we are not fundraisers, it does not really make any difference in terms of what we are and do. Discussion - decided not worth re-registering.

## **SAFETY COMMITTEE AND COURSES** (Dorothy-Ann and Bob)

Meeting was held in December and decided the committee would focus on education and developing awareness of safety measures rather than introducing a bunch of rules. The major topic of the night was 'what's in your pack and are you prepared'.

Upcoming courses: *Avalanche Awareness* goes January 17/18, 1998 with 9 registered and paid people. *First Aid* - will be offered as Standard (16 hrs) and Basic (~8 hrs) if numbers indicate both are possible. *Wilderness First Aid* (6 evenings+2 days) will be offered late February and end in April. Please note dates are tentative at this time.

CASC: 5 clubs represented at the last meeting. Upcoming offerings: *Avalanche Seminar* Thursday Feb 5, 7:30 p.m. at Hounsfeld community \$5.00 includes a showing of "Beating The Odds". "Beating The Odds" sponsored by the Norseman at Bow Waters Canoe Club on Monday Jan 19 no charge. *Backcountry Workshop for Coordinators* sponsored by the Calgary Ski Club Jan24/25, \$40.00. Calgary Ski Club hopes to run a similar course for track coordinators. The Hostel Outdoor Group has partially adopted the winter trip rating system and will consider the summer system. Bob brought his cue cards - hot off the new laminator. The executive needs to decide whether we sell them or just include them in the price of membership. (cost to produce is about 10 cents /card) They should be done around March.

## **SOCIAL** (Terry)

Dates set for the following events: Valentine Potluck Feb 11 at 7:30. Open House May 13. Stampede Breakfast July 4 at Kaufman's. Annual Dinner and Dance October 30.

## **PROGRAMS** (Maria)

Lengthy discussion about the criteria for paying professional speakers vs. using local expertise

**MOTION:** that Keith Morton be hired for \$50.00 to give a talk on hypothermia. (moved: Chris Saunders Second: Bob St John) Passed 1 vote against.

## **TRIPS COORDINATOR** (Ron)

Discussed course subsidies as an ongoing thing. Noted that we did not spend the allocated money last year. Coordinators are subsidized for basic first aid and avalanche awareness. Anyone can apply for subsidy at the end of the budget year and may be subsidized to a maximum of \$30.00 if money is available.

**MOTION:** that \$740.00 be set aside for courses and general education. (Moved: Ron Hunter Second: Dorothy-Ann Reimer) Passed

The safety committee will smooth out the rough edges regarding course criteria.

## **PRESIDENT** (Anita)

Ferris Evans would like the RMRA write letters against the proposed closure of the Canyon Creek Road. Anita will compose one on behalf of the RMRA and individuals are encouraged to do the same.

## **TREASURER** (Chris)

We currently have \$5200 in a GIC type mutual fund and \$2500 in the current account. A motion was passed to allow the current executive to take over signing authority on the club accounts.

Adjourned 10:00 p.m.