

THE PACKRAT

ROCKY
MOUNTIAN



RAMBLERS
ASSOC.

April - May 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

I've been praying all winter for snow and then all of a sudden, wouf! all at once. Luckily, I was in Vancouver during the big dump, and I missed all the fun of shoveling the driveway. This snow has helped the ski conditions somewhat, but it is still not as good as last year. Next year, I will start my prayers a month earlier.

If you are running out of ideas for ski trips, there are quite a few activities coming up with the Ramblers that will get you moving. They include ski and cycling trips, amazing programs, first aid courses, slide shows, environmental workday, equipment sales, and more. You can also try out this month's recipe, or surf the Internet and learn about wildflowers. You have no more excuses of being a couch potato!

I have a special request to all members: take a few minutes today and call the Kananaskis Survey hotline (1-888-882-1286) to let the government know what you think about commercial development in Kananaskis country. Don't wait, the public consultation is for a limited time only. Read page 4 for more details.

I look forward to seeing you all at the Open House on May 13. Bring a friend and let them discover our Club.

Happy Easter!

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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:

. Typed articles are also welcome. Disks will be returned at the meeting.

The next Packrat deadline is May 20, 1998.

PROGRAMS

April 15, 1998

OCEAN KAYAKING



Around the West Coast
(Slide Show and Kayak Demo)

By: Alf Skrastin and
Cal MacDonald

U of C

April 29, 1998

MONASHEE SKI TRIP



Seven RMRA member'
Ski Holiday in the
Monashee Mountains
(Slide Show by members)

May 20, 1998

BEAR ATTACKS AND BEAR SAFETY

Talk by:

Dr. Steve Herrero
(Bear Expert) U of C



PRESIDENT'S MESSAGE

by Anita O'Reilly

With the coordinators' council meeting coming up, I would like to remind anyone interested in becoming a coordinator to obtain an application form from Bob St. John (in the absence of Ron Hunter) to be presented at the meeting on April 27th. If you would like more information also feel free to talk to Bob or myself.

As this is the last Packrat before our spring open house I would also like to remind everyone to let your friends and acquaintances know that our open house will be held on May 13th.

On March 3, after telephone consultation with and agreement from the executive, I sent a letter of protest to both Kananaskis Mountain Helicopters Ltd. and the Land and Forest Service of Alberta Environment Protection. A copy of the letter follows for your information (page 5).

Enjoy the balance of the ski season!

SOCIAL EVENTS

by Terry Kaufman

The Valentine's Pot Luck dinner was attended by a handful of romantic souls. And although the attendance was rather small they enjoyed a HEARTY meal completing a LOVEly evening.

UP COMING EVENTS!!!! MARK YOUR CALENDARS

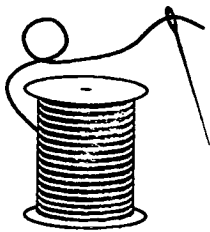
SPRING OPEN HOUSE May 13, 1998

STAMPEDE BREAKFAST July 04, 1998

CAR CAMP Sep. 26 & 27
Etherington Camp Ground. If interested contact
Del Lavallee at 240-3798

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

Lou's Sewing Services



- repairs to packs, jackets, etc.
- alterations to any garment
- fleece jackets, mitts, hats
- crafts, gift ideas
- 25 yrs of experience

Louise Richard

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

FIRST AID COURSES

by Dorothy-Ann Reimer

The following First Aid Courses have been arranged. They will be held at the Lindsay Park Sports Centre, 2225 Macleod Tr S.W. These courses are authorized by and follow the Red Cross program and are provided by Health Education Inc. operating within the Rocky View School Division.

1. **Emergency First Aid/Basic Rescuer CPR – Sat., April 25, 1998**
Cost - \$60.00/person (less if 8 or more sign up)
Duration – 8 hours
Participants receive a First Aid manual.
Payment due - April 7
2. **Standard First Aid/Basic Rescuer CPR – Sat/Sun, April 18/19, 1998**
Cost - \$75.00/person (assuming 8 are signed up)
Duration – 16 hours (2 days)
Participants receive a First Aid manual and Certificate upon passing a test.
Payment due - April 1.

To register please contact Dorothy-Ann Reimer and arrange to make payment to Rocky Mountain Ramblers.

KANANASKIS COUNTRY RECREATION POLICY REVIEW UPDATE

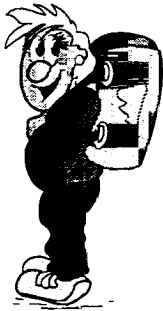
by Shirley Tajcna

Join Richard Roberts on April 14 at the Glenbow Museum 10:30 am to 12:00pm to learn how you can have input regarding the future balance between recreational use and environmental integrity in this important part of the province.

Richard Roberts is the president of the consulting firm, **Praxis Inc.** of Calgary which has been hired to conduct a second round of public consultation activities. As part of this public consultation process concerned individuals and groups are encouraged to participate in a telephone survey. To quote Ty Lund, "Public opinion, gathered in a fair and unbiased manner, is a major factor in our continuing efforts to strike the right balance between protection and use." So there you have it, straight from the horse's mouth. Individual input does make a difference. Please phone 1-888-882-1286 to participate in this survey. This is a final opportunity to register your thoughts and concerns regarding the future of K Country in a way that will have an impact at the decision making level.

Praxis Inc. anticipates having the 1-888-882-1286 number open by the end of April so please make a note on your calendar to phone then. You can also visit their Website at <http://www.praxis.ca>

Kananaskis Coalition



CASC CORNER

by Dorothy-Ann Reimer

The last meeting of the 1997-98 ski season has held Feb 23 with reps from 6 of the member groups. Here are a few notes to give a gist of what was discussed.

1. **Wilderness First Aid** – Next course, taught by Kevin Dalton, begins Mar. 31 (later changed to Mar. 17), runs for 6 Tuesday evenings and a practical weekend session at the close.
2. **CASC Q Cards** – Feedback on these cards, which were made up by Bob St. John for emergency use in the backcountry, was discussed. There are about 20 cards now. Norseman will probably give them to every member. Hostel Outdoor Group (HOG) will give to coordinators and really active members.
3. **Group Management** – Good discussion on how different clubs go about 'managing' the groups they coordinate. Very illuminating how different the techniques are. The HOGs use heavy telephone screening. Bow Waters requires phone pre-registration. Norseman, with their long waiting list and requirement that to stay a member one must go on 3 trips/year, gets people with years of outdoor experience.
4. **Hiking Ratings** – Some CASC members have copy of Ramblers summer rating system and are interested in using it.
5. **Avalanche Awareness Seminar** – The seminar, made and presented by U of C Outdoor Pursuits students and sponsored by Calgary Ski Club (CSC), was refined and successfully presented Feb 5.
6. **CASC Trail Classification (winter)** – George Field reviewed the K-Country ratings and made some comments which will be incorporated. Tim Auger (Banff Park) will be asked for input on trail in the Parks.
7. **Insurance** – Insurance is a continuing concern, more so to some clubs than other. Albi Sole (U of C) says so far there have not been the sorts of lawsuits and settlements such as we hear about in the U.S. Some clubs have insurance but are not sure how good it is. CSC polled other clubs as to their policies and will continue to research the topic.
8. **Next Year's Plans** – Members pleased with doing things as a group; e.g. Avalanche seminars and field practice days, Wilderness First Aid courses, Backcountry skills assessment. There is interest in finding out more about a possible Mountain Leadership Conference in the fall.

Rocky Mountain Ramblers Association

c/o #17 - 251 - 90 Avenue SE • Calgary, Alberta • T2J 0A4 • HOME (403)640-3710 • WK(403) 251-8002 • Fax: (403) 251-4518

March 3, 1998

Kananaskis Mountain Helicopters Ltd.
R.R. #1
Vimy, Alberta
T0G 2J0

Dear Sirs:

On behalf of the Rocky Mountain Ramblers Association I would like to express this Club's strong disapproval of your application to lease land in the Bow Valley west of the Stoney Reserve. Our reasons are as follows:

- This land is just across the road from the recently designated Yamnuska Natural Area. This area is a sanctuary for people and a wide variety of plants and animals. The close proximity of a heliport will detract considerably from the recreational activities of hikers and climbers and undermine the ecological integrity of the area.
- This use of the land is totally incompatible with the proposed non motorised use of the Natural Area - detailed plans for which are still under discussion.
- The area is part of a site nominated under Special Places 2000. This use is certainly incompatible with the Special Places 2000 initiative.
- The impact of this heliport will extend far beyond the main Bow Valley and the Yamnuska Natural Area as flights will be made up side valleys and probably to other more remote areas as well. This will disturb the wildlife and spoil the experience of hikers in these areas.

In conclusion, this application to lease land will lead to a development which will provide some extra enjoyment for a few (humans), but will detract from the enjoyment of the area for many (humans and other species).

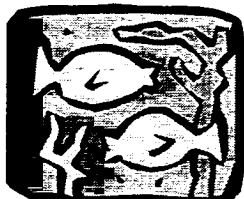
c.c. Land Administration Division
Alberta Environment Protection

Sincerely,

Anita O'Reilly
President



ANNUAL RIVER CLEAN UP



Get ready for the Ramblers' good deed of the year.

Help clean up Calgary's rivers at the Annual River Clean Up
on Sunday May 3rd, 1998

Check box 5 on the hotline for details.

**THINK
GLOBALLY,
ACT
LOCALLY**

SAFETY COMMITTEE

by Dorothy-Ann Reimer

Safety Committee Minutes
January 27, 1998

1. Maria Nemethy has contacted Keith Morton to give a lecture on hypothermia.
2. Bob St. John agreed to give a demonstration at a future meeting of what to pack for emergency survival.
3. **When Things Go Wrong**

3 trips on which problems occurred were covered. The committee discussed these trips from several perspectives; i.e., the minimum number of participants on a trip, when should a trip be cancelled or aborted, should the Club establish rules or guidelines to try to prevent such incidents, what could have been handled differently, etc. The trips were

a) Fortress Mtn Oct. hike – Marianne Wolters described the gear she believed to be especially valuable for survival in this accident and what she learned from the experience. (This trip was described in a previous report)

b) Bragg Creek fall hike – 2 inexperienced hikers, one with severe health problems, lagged far behind the larger group. Two others stayed back to help and make sure that the new people were well enough to return to their car. The 2 helpers continued but became confused as to which route the main group had taken and eventually turned back to return to the cars. The main group noticed that 4 were missing but continued in their circuit and did not send anyone back to check on the 4.

c) Pocaterra Novice ski trip – On a trip for beginners, skiers with widely varying abilities became spread out all along the trail. One skier became ill and, unable to continue skiing, had to be taken by snowmobile back to the parking lot.

The Committee decided that more rules and regulation were not desirable as Club members already believe there are too many. Instead it was recommended that a statement be made which reflected both the concern for safety and the importance of raising the knowledge and level of awareness of hazards for all Club members. (See **STATEMENT** following minutes) It was also believed that the ZAP teams and future seminars and courses would also help.

4. ZAP Reports

'ZAP' Teams set up in Dec. to raise safety knowledge in an informal way reported on their efforts.

a) A pack demo on a ski trip in Dec. showed that Garry Denman carries everything but the kitchen sink in his pack.

b) A faked illness by Sandy Newell generated lots of discussion about having enough extra clothes.

c) Packs again on a back country ski trip to Ochre Creek with emphasis on what would help one survive overnight.

5. Training Budget

In 1997 the Club paid \$445 in training subsidies and will ask the executive to budget \$600 for the current year. Subsidies included \$175 for a group management seminar for coordinators and subsidies to individual coordinators for First Aid and Avalanche courses (\$30 per course).

NOTE: Looks as if the \$ were well spent based on the activity over the 15 months to Dec 31. Recipients were:

	# Trips	Person-days
G. Denman (Oct1-Dec 31)	4	49
R. Mason	8	35
D. Mulligan	20	87
D. Tardif	5	23
D. Weger	6	32
M. Wolters	17	106

Continued on next page



STATEMENT ON SAFETY CONSIDERATIONS ON RMRA TRIPS

The Safety Committee of the Rocky Mountain Ramblers wishes to make the following statement regarding safety during outdoor activities:

- 1) It is the responsibility of all members to work to **increase knowledge and to raise awareness** regarding the potential dangers and hazards that can occur on a club outing.
- 2) The focus of safety knowledge and awareness must be **prevention of accidents** just as much as on reaction to incidents.
- 3) **Each and every participant** taking part in an activity shares in ensuring both their own safety as well as that of the group.



OUTDOOR EQUIPMENT SALES

University of Calgary

Outdoor Equipment Rentals Annual Spring Splash

What? New and used rental equipment and excess stock

When? Saturday, April 25th

Where? Olympic Speed Skating Oval

Displays start at 9 a.m.

Sale from 10 a.m. to 4 p.m.

For details call 220-5038

Calgary Area Outdoor Council

15th Annual Outdoor Recreation Equipment Sale

What? Every imaginable form of outdoor gear except downhill ski equipment. New and used

When? Saturday, May 9th, from 1 to 3 p.m.

Where? Mount Royal College

Consignments will be taken May 8 from 7 to 9 p.m., and May 9 from 9 to 11 a.m. 20% commission.

Call CAOC at 270-2262 for info or to consign. If you wish to volunteer, give them a call.



UPCOMING TRIPS

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

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.



CYCLE CLINIC AND OUTING

This involves a cycle path trip in Calgary. There will be cycling tips and education during the actual cycle part as well as an educational session during the lunch break. Bring a lunch and drink.

THIS IS WHAT TO EXPECT: it is information for anyone who wants to:

- * cycle on paths or roads
- * learn cycle etiquette
- * know bike survival
- * become knowledgeable about what to wear
- * eat properly for cycling
- * carry the right equipment
- * learn where to go, what to do and how to enjoy

Date: **May 30th**.

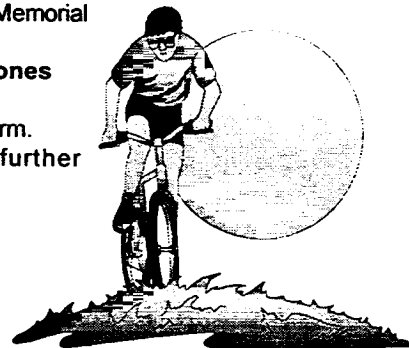
Time: 9:30 am. to 3 p.m.

Where: Firehall on Memorial & 10 St. NW.

Contact **Dawn Jones**

mailbox #1 to confirm.

mailbox #2 for further information.



SAFETY POLICIES AND COMMON SENSE

by Bob St. John

Wilf Twelker raised a number of valid points in his article "Regarding Safety Policies" in the last issue of The Packrat.

Wilf pointed out correctly that despite our safety policies and guidelines accidents continue to happen. I agree with him that people have in the past and will continue in the future to suffer injuries from slips and falls no matter how many words we print on paper. New people, experienced people, even professional guides have unfortunate experiences either through a lack of knowledge, a temporary lapse of concentration or just plain bad luck. However there are things a club such as ours can do to minimize the frequency and severity of accidents. To this end we have recently deployed a bicycle helmet policy, a rock helmet policy, and an avalanche safety equipment policy. How we respond to an injury has to some extent been addressed by our long-standing first-aid policy for coordinators.

We thus have one policy for each of our major activities: [biking]: wear a helmet on bicycle trips; [hiking/scrambling]: wear a rock helmet on difficult scrambles; [XC skiing]: take transceivers and shovels on trips with higher avalanche potential, don't go on trips with very high potential. The Coordinators Council also felt it necessary to have a group management policy to keep the coordinator informed on trips and a guideline for trailhead meetings to inform participants of important trip details. These policies were developed, discussed and debated at many open forums and meetings. All were voted upon democratically. They represent the baseline of common sense that the majority of club members wish to have on their trips.

Wilf surmised that these policies are too wordy and probably not read by many members. He may be correct in that statement. I suspect more new members may be tempted to read the Members Manual to find out about the workings of the club than many old timers would. The important thing is that there is one document that spells out the policies and their implications to our activities, and that the document is updated and available to all members. In a similar way the by-laws of the club are in the manual. By all accounts by-laws do not make a good read, but are there for reference when needed. The Members Manual is an attempt to put into words how the club as a group defines itself. It was not meant to be carried on trips or to be used as a cozy bedside novel. I would be the first to admit the manual is in some cases too wordy, in some cases too sparse, and perhaps has some ambiguous or awkward sections. I have more or less produced and updated it, but I do not consider it mine any more than the Editor considers the Packrat hers; its contents belong to the club. To that end I invite anyone to take over the responsibility of improving the manual in readability and in content. I also invite suggestions for improvements from all members.

Wilf believes it is time to review the safety policies. I

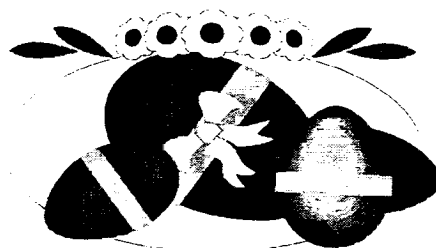
agree. Safety issues should always be held up to scrutiny, especially those more recently employed. Every member should ask himself or herself whether or not the safety policies adequately serve you as a member, serve the club as a whole, and serve the public's good perception of us. If you feel they fall short then please suggest what can be done to improve them. There are many avenues for you to follow: attend or make suggestions to the Safety Committee, attend or make suggestions to the Coordinators Council (spring meeting), or take it upon yourself to organize a forum through our Programs Director. If it is serious enough for you then take action according to by-law 12 "Formula for Political Action" as found in the Members Manual [chapter 4].

Finally I agree with Wilf that using common sense is our most effective way of preventing accidents and in responding to accidents if they do occur. Common sense has to come from somewhere; sometimes from your own logic, but often through education (courses) and quality field experience. Many years of wrong experience does not count, indeed it is a hindrance to common sense. Unfortunately the Safety Committee has heard of many cases where participants and coordinators have left common sense at home. In an attempt to correct this the club has decided that it is common sense to have minimum standards of safety for its activities. These are only baseline minimums, beyond which it is up to individuals to use their own knowledge and common sense to meet any particular challenge. It is up to us to make sure that those baselines are appropriate, and that coordinators and participants follow them on club activities.



In World War II we had a saying, "It's better to be a live coward than a dead hero". Applied to Ramblers: Know when to turn back and don't be too proud to do it.

Wally Drew



Happy Easter

INTERNET CORNER



Here is my column for all Ramblers connected to the Internet. 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

The Canadian Rockies Climbing Guide: <http://www.ualberta.ca/~gbarron/index.html>

Start with the Overview, which has an excellent section on Hypothermia and bear attacks, and be sure to check the Alpine and the Ski Touring Sections.

Backpacker Magazine's Base Camp: <http://www.bpbasecamp.com>

You're looking for information on some gear? Check the Gearfinder section to search for details on various gear from 10 categories.

Wildflowers of the Canadian Rocky Mountains: <http://www.gorp.com/wildrose/canada/wflowers.htm>

Interested in wildflowers? Then the above site is for you. Don't miss their slide show.

The Backcountry Recipe Book: <http://www.gorp.com/gorp/food/recipe.htm>

Need ideas on what to eat on your next trip? Try this site and if you don't find what you're looking for, the following one has some good links. <http://www.gorp.com/garden/cook/camping.htm>

KEN'S QUOTABLE QUOTES

"If your friend won't lend you fifty dollars, he's probably a close friend."

— UNKNOWN

"You don't get ulcers from what you eat. You get them from what's eating you."

— VICKI BAUM

"If you look like your passport photo, you're too ill to travel."

— WILL KOMMEN

"The shortest distance between two points is always under construction."

— NOELIE ALITO

"Laugh and the world laughs with you; snore and you sleep alone."

— MRS. PATRICK CAMPBELL

"After thirty, a body has a mind of its own."

— BETTE MIDLER



KEN PARK
MLS Realtor

sutton group - cityview realty

244-6809

"Taking Real Estate to New Heights"



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



Cuts and Bleeding Part 2 (D and E in the ABC's)

Embedded Objects:

Small objects penetrating just below the skin may be removed

(tweezers). Larger objects, however, should be stabilized as removing the object will result in further damage and/or more bleeding. One such example is an ice axe impaled into a limb. The object should be stabilized and surrounded by large dressing pads. Use triangular bandages on either side of the object. Most dressings will fill in the gaps nicely and there should be no gap between the embedded object and the dressing/bandaging. In this situation, plan on calling in outside help. Moving the victim will only increase bleeding and internal damage.

External Bleeding from Body Injuries:

What about knife wounds and ice axes in the abdomen and deep body gashes? Think RED. Although it is more difficult to elevate such a wound, direct pressure with dressing is still your best course of action.

NOTE: This procedure is different than for a sucking chest wound and internal injuries.

Bleeding Tongue:

Place the cut firmly between two or more gauze pads. Lean the sitting casualty forward so that saliva and blood will be able to run out of his /her mouth.

Nosebleeds:

Sit the casualty so that he/she is leaning slightly forward. Have him/her pinch the soft part of the nostrils with fingers firmly for 4 - 5 minutes. Apply cold packs to the nose, forehead, and face. If the bleeding is severe or persistent, put a gauze pad into a thin continuous strip and gently pack it up the nostril. Leave the pack for 24 to 48 hours.

Tourniquets:

Don't do it unless you know what you are doing. I personally would have a hard time justifying the use of a Tourniquet. If a limb has been severed, than it may be an option. However, traditional pressure dressing will likely prove to be equally as effective.

References:

- Mountaineering First-Aid: A Guide to Accident Response and First-Aid Care by M.J. Lentz, S.C. MacDonald and J.D. Careline. Third Edition 1985, Revised 1990
- St. John Ambulance: Official Wilderness First-Aid Guide. First Edition, 1994, by W. Merry

Infliction of The Month - Wounds and infections

In the city where a casualty will normally be seen by a doctor or nurse within a few hours, the first aider's job will be simply to stop the bleeding and dress the wound. Dealing with infection in the field, however, can be a serious undertaking. The following is a general list of guidelines to follow to reduce the risk of infection:

1. Problem #1: Clean freely bleeding wounds

Cleanly cut wounds such as those from knives, crampons and ice axes will bleed freely. Usually dirt and bacteria are washed out, thus reducing the chance of infection.

NOTE: if bleeding is serious do not clean the wound. Immediately use RED: rest, elevation, and direct pressure.

Procedure:

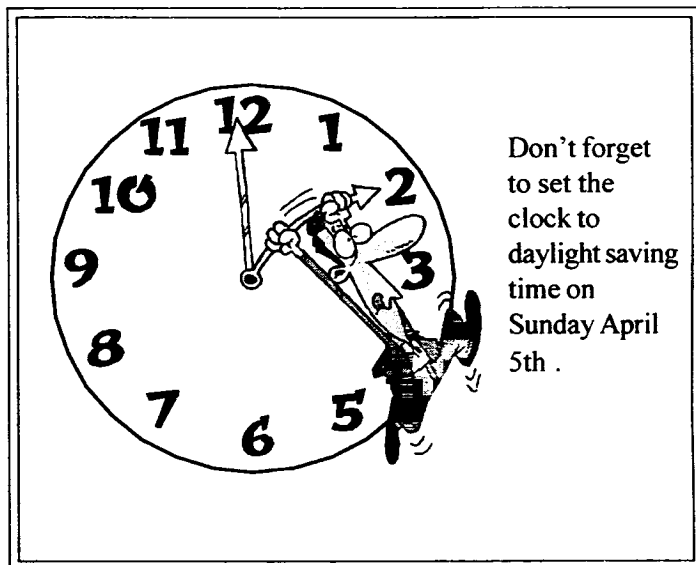
1. To clean a wound, first wash the wound with soap and water (or anti-bacterial solution)
2. Then cover the wound with sterile dressing. Leave the wound wrapped for about 48 hours. This time is needed for the wound to completely stop bleeding (in most cases)
3. Inspect the wound after 48 hours for infection. If it is clean, you may re-dress it with fresh bandaging.

Closing a wound: Proper wound closure serves to prevent scarring, and decreases the amount of healing time.

To apply closure:

1. Be sure the area around the wound is clean
2. Apply tincture of benzoin if available around the edges to help the butterfly closures stick
3. Start taping PAST the end of the cut

Continued on page 12



YOHO TRAVERSE

by Danielle Tardif

What a fantastic trip. Three days of high alpine skiing, beautiful scenery, and powder snow. On top of that, add beautiful sunny skies, low avalanche danger and most of all, fine people. That sums up the trip I did with the Ramblers on Family Day weekend last February.

Yoho Traverse is a 51 km long traverse starting from Bow Lake on the Icefield Parkway North, and ending at Kicking Horse Pass on the TransCanada Highway near Field. Total elevation gain is 5100 ft, with about 20 km of travel on glaciers.

Seven Ramblers drove early Saturday morning to Lake Louise. A small group went to leave a car at the end of the traverse, and to pick up the last participant, a friend from Salmon Arm, BC. By the time the car shuttle was done and that we were back to Bow Lake, it was already lunch time. The backpacks were a bit heavy, with all the food, fuel, ropes, ice axes and avalanche safety equipment, but the sun was shining and the excitement contagious.

The ski up to Bow Hut is a short 3 to 4 hour trip, but nevertheless requires good skiing skills. The snow was a bit icy due to lack of snowfall in the last few weeks. The ski at first is easy, going across Bow Lake. Then the trail goes through a narrow canyon and climbs out of it into the alpine. As we continue climbing, we can see the Bow Hut silhouette waaaaaaay up there, on a rocky bench. The final climb to the hut is steep, but not too long.

It was around 4 p.m. when we reach the hut, giving us ample of time to play cards, cook dinner, and get ready for the following day.

The second day was the longest stretch: 20 km over difficult terrain. We decided to leave at dawn. The sun rose as we were climbing the hill above Bow Hut, leading to the immense Wapta Icefield. The temperature was cold, around -15°C. When we stopped to remove the skins we roped up, as the snow cover was only 4 ft deep.

We circumvented some huge crevasses then headed west towards Mount Collie. To get to the col southeast of Mount Collie, we had to go through a maze of crevasses. It took a couple of trials before we found a way across large snow filled crevasses. The pass now seemed so close, but yet it was elusive. At last, we reached the crest, and the most amazing view unfolded in front of us: beautiful white peaks as far as the eye could see. We had lunch slightly lower than the pass, sunk in the sun. It was now warm, and our frozen toes and fingers from this morning were long gone.

The second challenge of the day was just ahead of us: a very steep slope down to Des Poilus Glacier. We took our skis off and walked down the steeper part of it. A few

continued on next page



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

- April 6 **The Nahanni River**
Whitewater paddling, soaring alpine peaks, Virginia falls, deep canyons, and abundant wildlife; by Dave Hibbard
- April 13 **Backpacking Australia**
Backpacking in Australia is an adventure unlike anything in North America; by Colleen Swagar

For information, call 220-5038

APRICOT BARS

by Philip Creery

6 oz unsulfured dried apricots finely chopped
2/3 cup unsalted butter, at room temperature
1 cup turbinado sugar
1/4 cup honey or rice bran syrup
1 large egg
1 tsp vanilla
1 Tbs grated orange peel
1 1/4 cup whole wheat flour
1/4 tsp salt
1/2 tsp baking soda
1/2 tsp cinnamon
2 cups rolled oats

- Soak apricots in boiling water for 5 min.
- Cream butter, add sugar honey egg vanilla orange peel. Beat to combine well.
- Sift flour, salt, baking soda and cinnamon into mixture.
- Add apricots and oats, stir to blend.
- Spread into 9 x 13 inch baking dish. Bake 15 -20 min in oven preheated to 350 deg F.
- Cool on racks.

The Trekking Chef, by Claudine
Martin
Lyons & Burford 1989



YOHO TRAVERSE

Continued from previous page

telemark turns in beautiful powder brought us down to the glacier. From there on, it was about 4 km of continuous descent in untracked snow, at just a good angle to be fully enjoyable with a heavy pack. We curved lazy turns or went straight downhill at full speed. What a fantastic reward. This was heaven.

At the toe of Des Poilus Glacier, our third challenge was clearly in view: Isolated Col. A steep and narrow ramp lead to a notch in the col, with huge avalanche slopes on either side of it. A bit intimidating. With numerous switchbacks and lots of determination, we finally made it to the col. It was now 5 p.m.

The other side of the col is just as steep at first, then eases off. Again the snow was deep, and we telemarked to tree line. The Stanley Mitchell Hut was now only 1 km away, but we had to ski through a forest with no trails to follow. We picked our route through the tight trees. I had the impression to go in circles for a while, but we smelled the smoke from the chimney and knew we were close. We came out right beside the hut just at dusk, around 6:45 p.m..

Dinner was delicious and very satisfying, as was the heat from the fireplace. We all sat around the fire, telling stories and having a good laugh. It was a bit of a tough day, but so rewarding! By 10 p.m. we were in bed, tired but happy.

The third day we again woke up to a sunny day. The Vice-President (mountain) was clearly in view from the hut. We set off early. The ski at first was quite easy, following the Little Yoho Valley. Then the trail got quite steep going down to Yoho Valley. We had to ski between trees again, but the snow was deep and forgiving.

Once we reached the Yoho Valley, the trail was mainly on flat terrain, with beautiful views of the mountains on either side of the valley. Takakkaw Falls are deceptively small in the winter, down to one single thread of ice. We had lunch there, again warmed up by the beautiful sun. The rest of the skiing was on the summer road, a bit boring after the amazing skiing of the last two days.

I want to thank Dave Mulligan for coordinating this most memorable trip.

FIRST AID IN THE WILDERNESS

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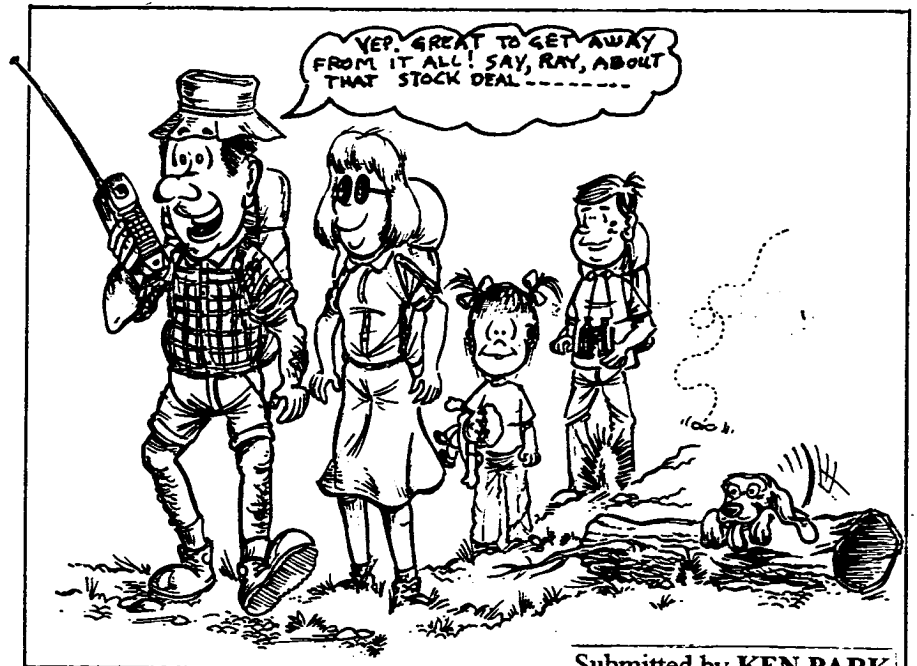
4. Stick one side first, draw the edges together then stick the other side
5. Leave an open space then start the next tape from the other side.

Work your way across the wound, taping butterfly closures alternatively until the wound is closed. The two sides of the cut should lightly touch each other. The cut should not be tight, nor showing any gaps. After closing the wound with butterfly closures, anchor the closures with a strip of tape on both ends.

Following closure:

1. Apply sterile dressing and bandaging.
2. Change the dressing daily (not the tape)
3. Leave the tape on for 5 days on the face, 10 days on the trunk, 15 days on extremities.
4. If infection occurs, remove the tape, and allow the wound to open for cleaning and drainage.

Next month: More on wound care and infection.



Submitted by **KEN PARK**