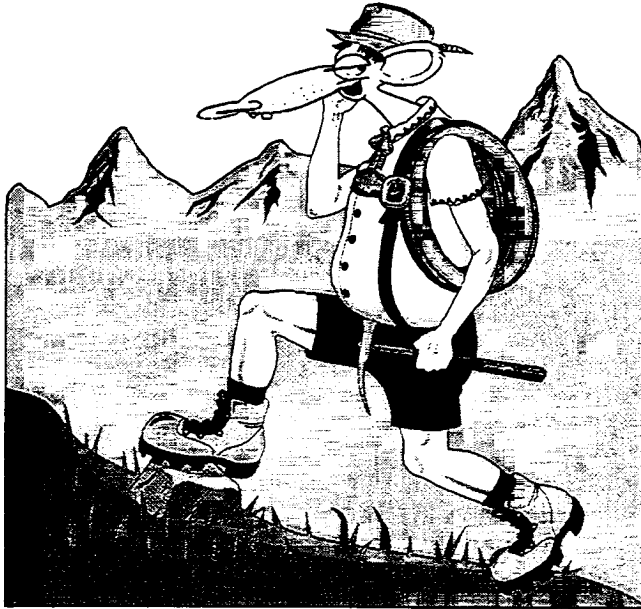


# THE PACKRAT

ROCKY  
MOUNTAIN



RAMBLERS  
ASSOC.

August - September 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    |

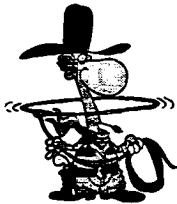
## EDITOR'S NOTE

This is the last Packrat before the Annual General Meeting in early October. If you are interested to get involved in the Club, start thinking about it now. If you have questions about any of the positions, just ask anyone on the executive committee at the Wednesday meeting, or give them a phone call.

I take this opportunity to thank the many people who have helped me with the newsletter. I would like to thank Maria Nemethy for taking the Packrat to the reproduction company since I've been working in Fort McMurray, and delivering it to the meeting. Jeff Belmont and Linda Eastwood for coaching me with PageMaker. My husband Denis for typing and scanning the articles, thus giving me more time for editing. Chris Saunders for preparing the mailing labels, buying the stamps and envelopes. All the members who licked stamps and folded newsletters after the meetings. All the members who took the time to write very interesting articles. Every time I was amazed at the quantity and quality of the submissions.

I won't be able to take another term as Packrat Editor. If you're interested and want to know more about what it entails, give me a call on weekends. Don't be afraid of the challenge, it's been great fun and very rewarding.

Yahoo!



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

## SOCIAL EVENTS

by Terry Kaufman

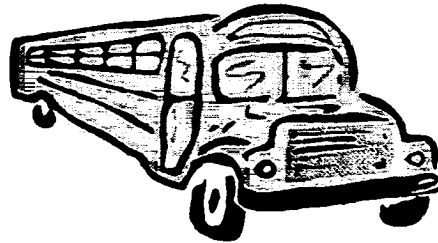
### UPCOMING EVENTS!!! MARK YOUR CALENDARS

CAR CAMP..... Sept. 26 & 27  
Etherington Camp Ground. If interested contact Del Lavallee

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



### SEPTEMBER BUS TRIP



Location: Dolomite Pass area  
Date: Sunday, September 13.

#### Trip option possibilities:

1. Dolomite circuit #p280: 18 km, 2800' gain, OT4
2. Dolomite Pass & return: 18 km, 1800' gain, TL2
3. Cirque Peak: 16 km, 3450' gain, OT5
4. Helen Lake: 12 km, 1400', TL2
5. Dolomite circuit + Cirque Peak: 24 km, 4300' gain, OT5

Now all you have to do is convince a Coordinator to coordinate the option you want!

Trip signups will not start before August 19 and a \$10 non-refundable deposit will be required. Priority will be given to paid-up RMRA & FNCS members

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 September 16, 1998.

## PRESIDENT'S MESSAGE

by Anita O'Reilly

**WOW!** We have a record breaking 255 members of Rocky Mountain Ramblers! It's exciting that so many people are showing an interest in hiking. I hope that these numbers will also make the Club more effective in voicing our opinions re future development in Kananaskis. Please take the time today to call 1-888-882-1286. Praxis has extended the deadline for this survey to October 15, 1998. (Please refer to the "Kananaskis - Keep it Wild" brochure circulated by the Alberta Wilderness Association). Remember - if you don't respond now - you can't complain later.

Thank you Terry and Bob Kaufman for hosting the Stampede Breakfast. 59 Ramblers, 1 dog and 1 baby had a wonderful morning!

Hard to believe but in approximately 2 months our fiscal year will be over and the Annual General Meeting will be upon us. Please give serious consideration to letting your name stand for one of the executive positions. This would also be a good time to consider any motions you may wish to bring forward at the AGM. Motions for bylaw amendments need to be announced for 3 consecutive weeks prior to the meeting and should therefore be brought forward to the executive in plenty of time.

I wish you sunny days and happy hiking!

For Praxis' survey, you can also check their Website at <http://www.praxis.ca>



## CAN YOU GUESS ?

Submitted by Wally Drew

- Number of oxygen bottles & canisters littering Mt. Everest at the highest camp.
- Offspring of a jack (male donkey) & a mare. Offspring of a jennet (female donkey) & a stallion.
- % of world's original 7.4 billion acres of forests that expanding human population has destroyed.
- World's top 10 tourist destinations, 1997.

Answers page 7

## UPCOMING MULTI-DAY TRIPS

Dave Mulligan is planning the following multi-day trips. Phone him for further information:

1. Fryatt ACC Hut, August 22-29, 1998, Scrambling. Cost approx. \$25/day + Park passes. Saturday to Saturday or less, great setting, some serious terrain.

2. Rogers Pass ACC Hut, Christmas 1998, Tele-skiing, Cost approx. \$25/day + Park passes. December 24 to January 03 ? or less. No easy skiing, great snow.



3. Slokan Chief Cabin, Kokanee Glacier Park, one week in Winter 1999, Tele-skiing, Cost approx. \$300 for week. (Inc chopper in - ski out) "Kokanee Glacier Park is renowned as one of the absolutely best destinations for powder skiing in Western Canada" - Chic Scott Summits & Icefields. Application is by lottery to be submitted in early Sept. 1998. More info. then, but if you're basically interested let me know (hut sleeps 12-similar to ACC huts).



**PLEASE HELP THE CLUB SAVE MONEY**

If you have an email address, please send it to Denis Longu p e at [dlonguep@cadvision.com](mailto:dlonguep@cadvision.com) for compilation. It will be added to the membership list, and eventually you will receive the list by email, instead of the snail mail.

As an experiment, The Packrat will be distributed by Coordinators at popular day trips for the first two weekends after publication. You will still be able to pick up your copy at the Wednesday meeting. If you can't come, ask a friend to pick it up for you.

In the end everybody wins, as it will free up more money for services to you, like course subsidies, programs, social events, etc.

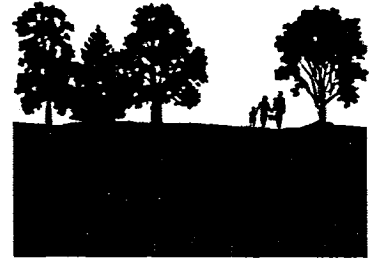
# PUBLIC LANDS

by Ron Mason

An interim report on Alberta's public lands by the Agricultural Lease Review Committee has been issued and public comment is invited up until September 30.

This report could affect you.

A summary of the report appears in the July 1998 issue of the Wildlands Advocate, newsletter of the Alberta Wilderness Association. The full report can be obtained from the AWA at 283-2085 or the Alberta government at 427-3595. A copy will be available at RMRA meetings. The main issues, which could affect our members, are:



The name 'Public lands' will be changed to 'Provincial lands', taking away the meaning that these lands belong to us all.

It is recommended that the leaseholder will control access public land and this access will be by written permission only. The leaseholder will be able to refuse access and a proposed appeal process is very arbitrary. Although it is proposed that maps and lists of leaseholders be prepared and made public it is obvious that obtaining permission will become a long and complicated process.

There are other changes proposed but these are mainly not of our concern.

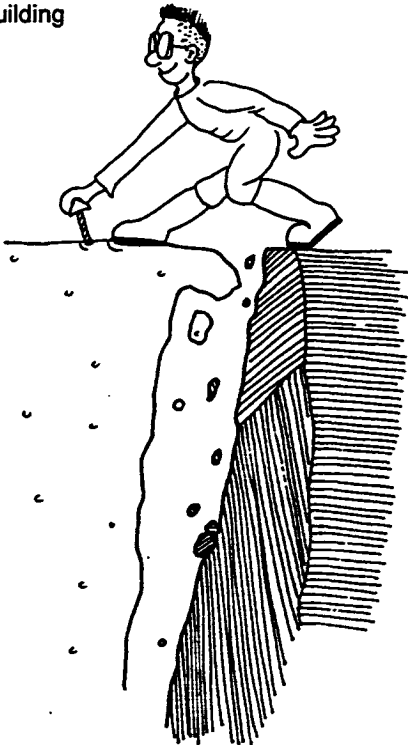
If you care about free access to public lands (e.g. Whaleback, Sheep River area etc.) please write to your MLA and :

Premier Ralph Klein  
307 Legislature Building  
10800 97 Ave.  
Edmonton  
Alberta, T5K 2B7

Hon. Ty Lund  
Minister of Environmental Protection  
323 Legislature Building

Hon. Ed Stelmach  
Minister of Agriculture  
200 Legislature Building

Hon. Tom Thurber  
Chairman, Agricultural Lease Review Committee  
612 Legislature Annex  
Edmonton, T5K 1E4



*Sir Archibald Bone  
Climbed glaciers alone.  
"I find people boring," quothe he,  
"It's annoying to walk  
And hear people talk."  
He was fond of his own company.*

*So off he would go  
Up ice, over snow.  
Like a fly on a huge bowl of porridge.  
'Til one day, alas,  
He slipped down a crevasse,  
And he's still somewhere deep in cold storage.*

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Calgary, Alberta T2L 2L2



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  - \*INCREASE MENTAL ABILITIES**
  - \*DECREASE SIGNS OF AGING**
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**JOIN DAWN AND HER FAMILY OF EXERCISERS  
MONDAY AFTERNOONS  
1:30-2:30 AT THE VRRRI  
PHONE: FOR MORE INFORMATION**

---

**BACK TO THE SAFETY ISSUE ONE MORE TIME**

*by Wilf Twelker*

Thank you Bob St. John for you article "SAFETY POLICIES AND COMMON SENSE in the last Packrat. A well worded set of words again, saying many things, meaning nothing at all. Sorry.

A case in point: Why was the Yoho traverse by 7 Ramblers conducted the middle of February? The best and proper time is always the end of March through April, being longer and warmer days for that long trip, and increasing the margins of safety by that much more as opposed to the colder and shorter days in February, with the margins of safety that much less, where was the "common sense"? Imagine and accident had happened and all the questions, all raised again? As usual with the Ramblers, it's all talk, talk and talk about safety with the actions pointing at a different way.

More about "talk". There will be or has been talk about hypothermia on the floor. How about a "hands-on" approach? Expose yourself to hypothermia conditions and slog it out for the day. Being aware of what you are doing, you do it under controlled conditions and it will stick in you mind the rest of your life. Talk on the floor and having a "polite ear" only installs a false sense of security and most of what you heard will be forgotten by the time you get home.

Avalanches and the "hands-on" approach: Go up to the sites where avalanches occurred, preferably the ones that took the life(s) of fellow skiers to get the meaning of avalanches and avalanche courses. When Ron Folkins died in an avalanche in '95 it was a perfect time to see the conditions that led to his death. The terrain, the winds, snow conditions, the amount of snow and lastly, the slope right next to it, always used for telemarking. A \$90 avalanche course in itself and you didn't even have to pay for it. And yet, all our "brilliant minds" in the Ramblers took tail. It's simply a lot cheaper to sit in an armchair at an avalanche course and do a bit of snow-poking the next day. Talk about talk, talk and talk.

A different point now. An emergency has occurred and somebody takes charge. What should that guy look like

*Continued on page 12*

## BERG LAKE BACKPACK, JUNE 24-28 (80 KM WITHOUT UNDER SHORTS!!!)

by Bob St. John

Berg Lake is located at the base of Mt Robson, at 12,970 feet the highest peak in the Canadian Rockies. The Mt Robson area is renowned for two things: spectacular alpine scenery; and local weather giving rise to its own rain forest. It was for this latter reason that I was somewhat apprehensive when Gary Denman called a backpack to Berg Lake. It was already a rainy spring; what could we expect going to an area known for being wet?

On Wednesday evening eight of us (Gary Denman, Caroline Croasdale, Bernie Fritz, Silvia Gonzalez, Peter and Barb Fischer, Linda Eastwood and I) drove to the Athabasca Falls Hostel just south of Jasper. We had a quiet night for a reasonable price thanks to the Ramblers' group membership card. Up early the next morning we drove to Mt Robson Provincial Park in BC after a stop in Jasper for an all too large breakfast at Smitty's. At the Mt Robson Visitor Center we had to register and pay for our three nights stay at the Berg Lake campground. We felt the \$3.00 per person per night charge was reasonable but that the \$13.00 per site reservation fee was somewhat high. Such a system is necessary as this is the most popular backpack route in the Canadian Rockies. At 10 AM the Center was already congested with buses and gawking tourists.

The 20 km trail to Berg Lake can be roughly divided into three sections. The first section is an easy-graded wide trail popular for day trippers with its nature interpretive signs, views of Mt Robson, and a picnic shelter at Kinney Lake. The lineups to the outhouse attest to popularity of the trail. The middle section climbs 2000 feet out of the rain forest into sub-alpine terrain. It is generally a well-graded trail that follows the Robson River, offering good viewpoints of three spectacular falls. The best one, Emperor Falls, is well worth the 5 minute side trip where on a hot day you could cool off in the spray. The third section on easier terrain offers increasingly incredible views of Mt Robson and two of its glaciers, the Mist and the Berg, as they fall steeply from the mountain into Berg Lake.

My previous apprehension appeared justified as a light rain fell on our way to Kinney Lake. Dark clouds swept the summit of Mt Robson, reminding me of the story of the guide who saw the peak only once during 29 trips past the mountain. But I was newly prepared, having just read "The Pacific Crest Trail Hiker's Handbook" by Ray Jardine. It describes various ways, some quite radical, to travel light with comfort and with little expense. On this trip I thought I would try a few of his ideas. First I trimmed as much clothing and gear as I could to lighten my pack to 25 lbs. not including food. (Jardine's pack weighs 8 lbs.!). With a light load running shoes can be a practical alternative to hiking boots. I found running shoes to be comfortable on the trail (good padding and

flexibility), very lightweight, and relatively quick drying. Second I did not bring my waterproof rain pants or my Gortex parka. I have never been satisfied with either in wet weather - I get just as wet; they make for clammy hiking; and when wet they are quite heavy. Instead I took an umbrella that very nicely kept most of the rain off, and wore light breathable clothing - wicking T-shirt, nylon shorts, and yes, no under shorts, which being made of cotton stay cold when they get wet. I found I did not get damp from rain or from perspiration and I stayed comfortably warm while hiking even with a wind blowing. An added benefit of no under shorts is the ability to perform a quick moon when the occasion demands it: heli-hikers, Wilf, etc. The only problem was the dribble factor, but that can be disguised by a liberal splashing of water on oneself and being armed with a good story; or by discreetly facing the wind for 5 minutes or so. I should tell you that I did take backup boots suitable for scree or scrambles, and I did have warm clothes and a waterproof shell for camp or emergency use. A lot of Jardine's ideas are useful for hikes on trails, but not necessarily suitable for more difficult trips. On my next trail backpack I think I may try some of his more radical ideas like using a lightweight tarp instead of a tent - I find most tents to be poorly ventilated resulting in a damp environment that eventually gets your clothes and sleeping bag wet. But I digress, back to the trip.

When we reached Kinney Lake the light rain had stopped. The weather improved as we made our way up past the falls with patches of blue sky poking through the clouds as we made it to Berg Lake. What a sight! It was hard to keep your eyes on the trail what with the grandeur of the place. We found four adjacent tent pads at the Berg Lake campground. (There are 5 campgrounds with 49 pads in the vicinity of the lake) Our \$3.00 charge was being put to good use: the sites were clean, there were wash stands and wash basins, some outhouses were the new solar composting type (clean and no smell), and there was a large well appointed cookhouse. Our view was of the North and Emperor faces of Robson rising two kilometers above the lake. It was astonishing to think that the North face (60° slopes) was recently skied by two fellows from Whistler. The Mist and the Berg glaciers provided us entertainment with the loud cracking noises emanating from them. We always expected to see a large ice serac fall into the lake with all that noise, but alas, not while we were there. That evening the clouds dissipated from the summit and many a picture was taken with the thought that this may be our only chance.

The following two days gave us pleasant weather - a mix of blue sky and a few threatening clouds which in the main missed us. Gary had planned a hike to

*Continued next page*

## BERG LAKE BACKPACK

*Continued from previous page*

Snowbird Pass, but the vicinity of the Pass was closed to caribou calving. We decided to follow the trail to the Robson Glacier, then at a suitable point leave the trail and make our way up to Tatei Ridge and Titkana Peak high above the Pass. The way to the foot of the glacier was ablaze with purple Northern Sweetvetch, the *Hedysarum* whose root grizzlies like to eat. (We never saw a bear, or any recent evidence). A sign along the way noted the position of the glacier during the 1913 Alpine Club of Canada camp. Since then the glacier has been receding 50 feet a year or 1 foot per week! Gary had wanted to show us a crevasse he had walked into 6 years ago, but when we reached the ice it had completely changed - no crevasse. The scree up to the ridge was tiresome, but the views worth it. From Titkana Peak we had a 360 degree view of Mt Robson and surrounding peaks. The Kain face, a popular route up Robson was clearly visible. Conrad Kain had cut 600 steps up the ice slope for his party to reach the summit during the ACC camp of 1913. The standard route up Mt Resplendent (11,240 feet) which Caroline has done looked very enticing, a mountaineering adventure some Ramblers would find enjoyable. We saw no caribou on the meadows below, but we did come across many of what were probably caribou tracks. The next day we explored the ridge above the west side of Berg Lake. Good trails led us to the Mumm Basin, Toboggan Falls, "the cave", and Hargreaves Lake and Glacier. Mt Robson still dominated every view; it would be hard to tire of it. The only thing that put us off were the numerous helicopter flights (over eight) which flew directly over the caribou calving grounds on their way around Mt. Robson. It seemed ridiculous that hikers are banned yet choppers are free to do as they wish.

On Sunday, after two glorious days of alpine hiking in fine weather, we set out on the return trip with more typical Robson weather - light rain and dark clouds. We didn't mind as we felt we got off lucky, especially when we found out that Calgary had rain all weekend. Dinner at the Grizzly Paw in Canmore rounded out the trip nicely. Thanks Gary for a well planned and well coordinated trip!



## ANSWERS OF CAN YOU GUESS?

*from page 3*

- A. 700 —Globe & Mail
- B. a mule  
a hinny —Rural Heritage
- C. 50% —World Resources Institute
- D. 1.France 2.U.S.A. 3.Spain 4.Italy 5.U.K. 6.China  
7.Mexico 8.Poland 9.Hungary 10.Canada —World  
Tourism Organization

All of these from C.I. Connections, June 1998.

## AUTUMN HIKING

*by Dave Mulligan*

Everybody has his or her favourite time of year for hiking. Mine is autumn, which in this country I would define as September and October. At this time of year all the bugs are gone, the trails are dry and the scenery often clear in the crisp dry air. The days are shorter and the nights cool with frosts common, but nothing a good sleeping bag won't overcome. As more than hiker has commented "the long nights give ample opportunity to catch up on sleep".

The autumn of 1996 was fairly typical but while September was indifferent, October was a great month for hiking and camping. On the mixed Labour Day weekend I was part of a small group to ascend Mt. Joffre (on my third attempt) and continue out over Northover Ridge. A week at Lake O'Hara permitted the ascent of Wee-Waxy and the easy South peak of Mt. Niblock while whetting my appetite for some of the classics in the area e.g. Victoria, Huber and Lefroy. I finished the month with a glorious Larch weekend backpack to Hidden Lake towards Skoki and the peaks of Richardson, Pika and Redoubt. Why do the Ramblers always have the car camp on the prime Larch weekend?

But October was even better. A car camp in the Crowsnest Pass saw the ascent of the spectacular Crowsnest Mountain and a visit to an old aircraft crash site below the huge Coulthard cave South of Coleman. A backpack to Shadow Lake wasn't so good (it rained) but four great day trips on Sparrowhawk, Laurie, Forget-me-not Ridge and Cox Hill rounded out a great month. Where else in the World can you drive for an hour in the sharp morning air and hike for a few warmish hours uphill to enjoy magnificent vistas while eating lunch? Fortunately many other Ramblers also took the risk and were well rewarded. In 1997, El Nino permitted good hiking well into November and even December. But those clubs whose schedules skip the "between seasons" missed out once again.

Other autumnal trips that I've enjoyed in previous years include: Assiniboine meadows for Thanksgiving, Top of the World Park for the larches, Wolverine Pass area for the larches, Kokanee Glacier Park, Cathedral Lakes, Fish Lake, Wilcox Pass, Glacier Park (USA) dodging the bears, every forestry lookout between Calgary and the USA border, Roger's Pass area, Yoho highline trail, Lake O'Hara larches, Waterton Tamarach Trail. These were mostly backpacks, but what better way to spend the weekend than to rise on a cool Sunday morning near tree-line and after a warming breakfast ascend rapidly into the Autumnal sunshine. Also there are many great day trips and depending on the year its still possible to go high on rock late in the year e.g. Mt. Temple on 07 October 1989. The Italian Dolomites are also good at this time of year but that's another story.

# CAR CAMPING IN MONTANA

by Betty Millham

Visiting 2 National Forests, 3 Wilderness areas and Glacier National Park - June 28 to July 3, 1998.

Coordinator: Carl Potter; Participants: Mike, Andrew Knight, and Betty Millham

Total Activity: hiking: 16 person days; camping: 20 person days; distance: 67 km in 5 days of hiking; highest elevation: 11,183 feet.

| Destination                       | Distance (km) | Elev. Gain (ft) | Max. Elev. | Rating  |
|-----------------------------------|---------------|-----------------|------------|---------|
| Crown Mountain                    | 12            | 2940            | 8401       | OT4     |
| Mount Wright                      | 9             | 3237            | 8875       | TL3;OT4 |
| Old Baldy                         | 20            | 3906            | 9156       | SC3     |
| Devil Creek/Elk Lake/Devil's Hump | 15            | 800 to creek    |            | TL3     |
| Upper 2 Medicine Lake             | 11            | 300             |            | TL2     |

On June 28, 98 (Saturday) 4 Rambler's left Calgary at 7 am with a severe weather warning for high wind and rain. We were headed 144 miles south of the border in Montana. Doubtful weather continued until the border. We drove south on route 89 under clear sky and sunshine to Choteau for a lunch stop and then onto Augusta and west through grassland to Wood Lake in the Lewis and Clark National Forest. This beautiful campground was by a small lake where spotted sandpipers were nesting. A creek with a rocky canyon and interesting arches runs through the campground. The mountain sheep tiptoeing through the canyon were our supper entertainment. On an evening walk an interesting structure on a ridge -a metal cage was noticed. We later learned that this was a nesting box for peregrine falcons who used the site for 2 years. Alas no falcons were seen at the nest site. The temperature the first night was 2 degrees with a wind. A short distance from the campground was the trailhead for Crown Mountain. The objective for Sunday, June 29 was to get to the top of Crown Mountain to view the Scapegoat Wilderness area of the upcoming backpack there in July. The day was sunny and 20 degrees. A terrific wind was blowing when the base of the mountain was reached. Three people climbed up the mountain, off trail 5, in winds strong enough to lift you off your feet if not firmly planted. The view at the top showed the scapegoat area and all the way to the Chinese wall in the Bob Marshall Wilderness.

Monday morning, June 30, we drove to the next campsite, Cave Mountain near the junction of the Middle Fork and West Fork of the Teton River. On the drive through prairie and wetlands we saw bluebirds and wimbrels. The campsite was along the Middle Fork of the Teton River. Campsites were found in aspen and alder by the river with warblers singing and in a pine carpeted sites further in from the river. At noon we headed to Mount Wright (elevation 8,875 feet). It was a hot (20 degrees) traveling through forest but the flowers were delightful -clintonia, mariposa lily buckwheat, beargrass, arnica, and valerian. Cooling off on a grassy pass, we met two other hikers who pointed out a grizzly bear on an adjoining slope about 100 meters away.

These hikers had noticed the bear grazing in that spot for the past 4 hours. Soon after the bear was pointed out to us the bear took notice and took off over to another place out of sight (presumably the bear heard noise of conversation). After this short sighting, we continued to the top of Mount Wright, savoring the dry alpine air and flowers. At the top we had excellent long distance 360 degrees views of the surrounding area.

Tuesday, June 31, during sunny weather we headed Old Baldy (9,156 feet). At a pass below the peak we were on the edge of the Lewis and Clark and Bob Marshall Wilderness. Carl and Andy proceeded up the ridge to the mountain. A cloud was at the peak but the sky surrounding the peak was clear. After about 2 hours the peak was reached. Suddenly thunder started and the cloud moved lower down the peak. A saddle and scree slope just west of the peak. Andrew saw lightning. In a flash Carl and Andrew descended 1500 feet down the scree in 20 minutes. By now there was heavy rain and thunder and lightening. Hiding in a valley, they waited out the storm for about one hour and then proceeded, in rain, back to the campsite - arriving at 20:30 hours - a 12 hour day. Betty had been watching the ascent, sitting at the pass when the storm hit and quickly headed down the slope. The rain stopped at about 18:30 - so a barbecued hamburger supper could be enjoyed.

Wednesday, July 1 we drove north, in cloudy weather to East Glacier and west to Devil Creek Campground just west of the Continental Divide. The rain started when we arrived at the campground. Mike left to get his car fixed. We decided to hike despite the rain and headed up Devil Creek towards Elk Lake and a nearby pass. This trail is a hiker/horse trail starting in the Flathead Forest and entering the Great Bear Wilderness. Parts of the trail were on shale but most was through thick mud in an old forest, thimble-berry and devil's club. We walked through squishy mud and more mud, skidding and hopping around until we reached Devil's Creek. We were a short distance from the lake and the pass - but the creek was impossible to cross. We headed back, the sun came out and we were able to have supper with the temperature around 6 degrees. Andrew left to return

*Continued next page*



# 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 Internet corner of this issue includes: survival equipment and tips, weather related sites, and a good Canadian site for the outdoors enthusiasts. Thanks to Bob St. John for sharing the first two sites with us.

Check the Esbit (burning cube), survival tips, personal equipment checklist at:  
*MPI Outdoors* @ <http://www.adventuresports.com/asap/product/mpi/welcome.htm>

You will find a lot of weather related information and some interesting facts about lightning under the safety tips headings at the WEATHER CHANNEL @ <http://www.weather.com>

Want to see what's the weather like? Check the satellite image @ [http://www.cmc.doe.ca/cmc/images/satellite/g9wcan\\_visible\\_100.jpg](http://www.cmc.doe.ca/cmc/images/satellite/g9wcan_visible_100.jpg)

You will find Photos, Mountain safety Tips, Alpine Cuisine, Route Info, Canadian Rockies Resource Guide and more at:  
*The Grant MacEwan Mountain Club* @ <http://www.ualberta.ca/~tjellard/gmmc.html>

## CAR CAMPING IN MONTANA

*Continued from previous page*

to Calgary to prepare for his move to Pennsylvania and further studies in sociology at Penn State.

Thursday, July 2 we awoke to sun, but as we drove north to the next campsite - the sky was filled with menacing low cloud and looked very unfavorable. With diminishing hope, we proceeded to Two Medicine Lake campground and found a horse shoe of sunshine. We took a short hike, in the sun, to Upper Two Medicine Lake watching the clouds gather around. On the way back to camp, a pine grosbeak floated down from the trees one foot ahead of us on the trail. It fed a short while and flew back to the trees. The fog soaking rain started at 10 PM and persisted through the night. Huge puddles formed during the night, so we decided to head back to rainy Calgary on Friday July 3, 2 days earlier than planned. On the morning of July 3 we learned that a grizzly bear had been killed one week ago. The bear had charged people coming off the boat at the head of 2 Medicine Lake. DNA samples from the dead bear suggested it was the same bear who ate a hiker in May of this year. Glad of our ignorance and safety we arrived safely in Calgary, sad to leave the peace, beauty, and companionship of the trip.



## SILLY (BUT TRUE) VISITOR QUESTIONS ABOUT WILDLIFE

*Submitted by Wally Drew*

*(as asked by visitors to the Canadian Rockies)*

- Is it true that to escape a bear you have to climb a tree that's the same width as your head?
- At what elevation does an elk become a moose?
- When do you let the animals out? Do they ever bring a mountain goat down so we can see what they look like?
- where do the bears nest?
- Where can I get the animal feed bags?
- Do the bighorn sheep require shepherds?
- Is there anywhere we can see the bears posing?
- The last time we came to the Rockies there were lots of animals. What did you do with them?
- Don't you ever groom the wildlife? They look terrible.

*From: When do you let the Animals Out? A Field Guide to Rocky Mountain Humour, by Michael Kerr, 1998, Fifth House Publishing.*



## MUSCLE SORENESS

by Dawn Jones

### CAUSES:

At some time or other all of us will feel muscle soreness after exercise. The discomfort may occur immediately after an exercise event. It may, however not be felt significantly until 24 hours after exercise and may become steadily worse for up to 72 hours. Lactic acid accumulation and other end products of energy metabolism are thought to be the cause of the pain. There is however, no scientific consensus as to why these metabolites cause problems.

### SOME THEORIES AS TO THE 'WHY' OF THE PAIN:

- microscopic tears from repetitive moving of specific body part.
- inflammation in the areas of the tears.
- concentric contraction, that is muscle movement in which the muscle lengthens rather than shortens (i.e.: going downhill, down steps, xc gliding, lowering any weight repetitively.)
- lack of energy to a muscle.

### PREVENTATIVE ACTION:

- begin a new sport, or at the beginning of a seasonal activity, take it easy; use the beginning part of any day trip to go slowly to 'warm' muscles.
- gradually build up those body parts that will be used in an activity.
- rest periodically during the day to allow lactic acid to dissipate.
- during the rest periods do a few specific stretches. Try to change the body movement even slightly to use different muscles during an activity.
- stretch-stretch-stretch for 20-30 seconds for each muscle, after an activity.

### WHEN MUSCLES ARE ALREADY SORE:

You will need :

- to increase the blood supply to the muscles to facilitate the removal of the pain causing substances that have accumulated.
- to relax the muscles.

The following may prove helpful to increase circulation and relaxation.

- Static stretch. Stretch slowly and gently. Avoid bouncing. Feel the stretch go deeper and deeper as you hold it. A gentle stretch video exists and is sold at all the Calgary Co-Op pharmacies. It is called 'Stretch for Health.'
- Very light, gentle moving exercise of the sore parts.
- Gentle massage done by a therapist or by yourself.
- Icing. You should feel the cold and do this as frequently as you can. Some suggest an icing session should be held for 20 minutes and be done at least hourly.
- If you prefer, using a hot and cold treatment of the sore muscle is a weak second choice. This method will relax and increase circulation. The problem is that heat will increase swelling and inflammation within muscle fibers.
- Try a gentle workout in a pool.

## MEXICAN ADVENTURE

by Ken Watson

A couple of years ago I was in Puerto Vallarta on vacation and was getting bored just sitting around the swimming pool. I picked up a book called the "Lonely Planet" and read about travelling to some remote villages up in the hills of the Sierra Madre mountains east of the town. I decided to go on this little side trip, and started by purchasing a bus ticket at a little out of the way grocery store. I had reserved seat#7, which cost the same price for a two and a half hour bus ride as a short taxi ride from my hotel to the bus stop. Next morning I left at 5:30 AM, and joined a small group of Mexicans queuing up in the dark. By departure time we were full, and gathered more people in some small towns as we went along. Soon we were on a narrow dirt road, winding up into the hills. We drove through streams and stopped to remove boulders that had rolled onto the road. About 9AM, we stopped at a run-down farmhouse for breakfast. A lady was making tortillas over an open fire. Talk about ramshackle!

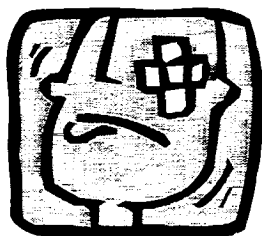
The book said I had to get out at a crossroads, as the bus did not go into the town of San Sebastiano where I was headed. It was called in Spanish "il cruscero". I was looking up words furiously in my dictionary like how to say "stop here - Para aqui". When we arrived, several people had over heard me, and they all told the driver to stop for me. The first truck that came along gave me a ride. When I offered to help with gas money, he just said "no, youre my frien". It turned out he had spent several winters working in Texas and had learned some English.

I had a choice of a ranch owned by an eccentric American, or a hotel in the town. I chose the ranch, but after a friendly cup of coffee, I found that he wanted to be paid in U.S. dollars instead of pesos. I didn't have too much of the former, so I decided to move on to the town. The rancher had photos of several famous people who had stayed there, including Liz and Richard Burton on their honeymoon. Puerto Vallarta was just a small fishing village before those two made it famous for their torrid romance while making the movie "Night of the Iguana". Anyway, the rancher set me off on a path through the jungle towards San Sebastiano. It got a little bit lonesome on that path, and I ate my sandwiches as I walked along.

About 1 PM, I came into view of the village, and found the town square just as described in the book. It had been a gold mining center, some fifty years back, which had paid for a magnificent town square. I found the little hotel in the southwest corner of the square, just as the book said. I took a room for one quarter the price that the rancher had wanted, and settled down for a short siesta. The room was very tiny, rather like a monk's cell, just room for a bed and a bureau. Like all Spanish style buildings, the living quarters faced inwards, and had a lovely inner garden.

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# 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*

## Heat Illnesses:

Heat injuries may seem absurd in the mountains. After all, the mountains are usually cold and wet places. Heat stress can and does creep up on climbers who are not properly acclimatized. In general, it takes anywhere from five to ten days for the body to adapt to warm conditions. Heat illnesses occur when the body cannot lose enough heat to maintain a stable body temperature. Many factors contribute to heat illnesses: temperature, humidity, and reflection of heat and light from sand, water, snow, and ice.

In most cases, heat injuries can be prevented. There are three basic precautions available to you:

- 1) Remove whatever clothing is necessary
- 2) Drink water - between .5 and one litre per hour
- 3) Avoid coffee, tea, or alcohol as they increase dehydration

Be also aware that the very old and very young both do not cope as well with heat.

**1- Heat Exhaustion** - This is the first stage of injury and can be quite similar to shock. Blood vessels in the skin dilate and draw blood to the surface, thus reducing blood flow to the internal organs. In addition, fluid loss through sweating and heavy breathing compounds the problem. A person with heat exhaustion will likely exhibit a rapid heart rate, dizziness and/or faintness, nausea, and pale skin. All of these symptoms may be accompanied by a headache, or even loss of consciousness in extreme cases. The skin of heat exhaustion victims will usually not feel hot. Sweating is usually profuse, and skin temperature can range from cold to slightly high.

**Treatment:** Since heat exhaustion exhibits effects similar to shock, you should treat the casualty as if he/she were in shock. The casualty should be placed at rest with his/her feet slightly elevated. Raising the feet will increase circulation to the vital organs. In addition, water or salty fluids such as Gatorade should be provided (1- 2 litres). With the addition of water, the casualty should recover quickly. Make sure the casualty rests until he/she feels completely well. Heat exhaustion if left untreated, can quickly progress into:

**2- Heat Stroke** - Unlike heat exhaustion, heat stroke can easily prove fatal. Recall our discussion of moderate cold exposure, where the body begins to shut down after excessive abuse. In extreme cold, the body simply gives up and stops shivering all together. Similarly, in heat stroke, the heat regulating process breaks down causing the casualty to stop sweating. Heat stroke usually occurs when the body temperature rises to around 41 degrees. This process can occur rapidly, and can continue until brain damage and death occurs. Heat stroke is marked by confusion, poor coordination, delirium, and unconsciousness. Unlike heat exhaustion, the casualty will have hot skin that lacks the presence of sweat.

**Treatment:** - Act Immediately. Move the casualty to the shade or provide shade in whatever manner possible. This can even come from another climber holding up a garbage bag if necessary. Remove the casualty's clothing and immerse him/her in cold water if possible. In most mountaineering situations you may have to cool the casualty by wetting them with water and fanning him/her. You may also have to place snow or ice in the armpits and groin. Once you have cooled the casualty back down to a normal temperature (39 degrees), evacuation is required. NO you do not continue on towards the peak. The reason being that heat stroke victims will continue to display irregular temperature regulation even after being cooled. The first-aider should continue to monitor the casualty's body temperature until evacuation occurs.

**3- Heat Cramps** - Ahh one of my least favorite topics - the infamous charlie-horse. Loss of salt due to sweating will lead to the classic display of muscle twitching or cramps. Most commonly these occur in the legs or abdomen. The best treatment is to stretch the offending muscle immediately. I find that pulling your toes back towards the body helps the most for leg spasms. Do not pound or knead the muscle as it will make it sore later. The treatment and prevention of the infamous charlie-horse should include several cups of salty fluids. Gatorade is my personal champion and saviour. After the cramps the casualty should be allowed time to rest for a length of time.

**Warning:** The combination of charlie-horse and bivi-sac, known as bivi-sac syndrome, can prove fatal. Bivi-sac syndrome has been also known to cause trauma induced bivi-bag-phobia, which can only be cured by extensive climbing stories and trips to the rock gym. Large car camping tents can also serve as an effective treatment.

# BACK TO THE SAFETY ISSUE ONE MORE TIME

*continued from page 5*

regarding qualifications? Here are two examples to illustrate that point. (And at the same time give a bit of a trip report). Recently I took a rafting trip down the Grand Canyon. One of our boats had flipped in the rapids and a 10 gallon container of drinking water drifted towards our boat. As I struggled to get a handle on that container, somebody behind me yelled, "Watch it, it is heavy", repeating it several times. Highly annoying. When I got that container in the boat, I could have punched that guy's face from between his ears. An "experienced" canoeist, well worded, no good at all. I could have done well without him.

Accident #2. We also had a 2 seater inflatable along, the Ducky, also nicknamed "The Titanic", to shoot the rapids within its limits. I had done several smaller rapids in it and I felt ready to tackle a bigger one. A girl from Boston, 25 or 30 years and experienced came along. (One of us had to be experienced or you would flip just by the sight of the rapids). It is an eerie feeling as you approach the rapids, with the waters dropping by 1 meter in a smooth slope in front of you for the next 50 or 75 meters. Then the tossing and foaming waves you have to take nose on, paddling as hard as you can to stay under control. Anything sideways and you will flip. We had negotiated the first set of waves when the girl yelled, "switch", the paddle she meant. Too late, my paddle was still on the left and a cross wave from that side simply turned us upside down and I ended up right under the boat. My first instinctive reaction was to get away from under the boat and see for the girl. (And here is the story I want to tell you). Well, the girl....., she was hanging from the end of the boat and smiling. "Are you all-right", was her first question. "Yes". "Here", and she reached out with her hand as I was drifting away from the boat. "The paddle", out of reach for me. "Let it go". "Hold on to the boat". It only occurred to me then, how calm she was, precise instructions, completely in control of our situation and smiling. What a contrast to that belly-aching guy when I pulled in that container of water. And trust me, that girl even warmed my heart for a minute in that cold water of some 5 to 8 Celsius. As we drifted along in the now swiftly flowing water, (the rapids only last some 10, but lo-o-ng seconds, her boat maneuvered into place and she got on, then my boat pulled up and 4 grinning faces said, "welcome back on board". I was too cold by then to start a humorous fist fight. I had been in the water only 2 minutes and it is by 8 minutes that the cold water will affect you losing your senses. Anyway, the Ducky was righted, in jumped the next 2 guys to take on the next and more severe rapid and they made it.

Back to our emergency in the mountains. You may want to ran a quick assessment of the guy (he of she) wanting to take charge. Do you want the "belly-aching experienced" guy as outlined in this article, more often

then not that I have seen them, or do you want the quiet and efficient guy, who is up to that situation. The trouble is too many times they get tuned out. Take your pick whom do you want to support.

This shall be my last article. Good luck, Ramblers and of course as I need good luck myself. I am doing my "nonsense", well known for it, but then I am quite aware of my "nonsense", or I would not be around anymore. My greatest risk is always the drive between Banff and Lake Louise, were some 6 or 8 people loose their lives each year. And a final word to Wally: It is better to be a coward then to be a dead hero? (Last Packrat) There is also another saying: If you don't risk you life, you will never win it. (Just keep talking about it end over end). But this also implies, that you take a determined, but controlled approach to that particular risk.



## MEXICAN ADVENTURE

*continued from page 10*

Later, I walked around the town, and sat down near some men lounging in the square. They started talking to me, and I told them I was from Canada. They promptly offered me a cerveza (beer), then another. I have found that the poorer people are, the more generous they are. About 3 PM, I was in the one outdoor restaurant, and met some Dutch tourists who had hired an old DC-3 or Dakota twin engine plane from WW2 to take them to the three hilltop villages. They told me they were going to fly back to Puerta Vallarta later that afternoon. I figured that I had seen all there was to see of the town, so I asked their guide if they had room for one more paying passenger, so they introduced me to the pilot, who agreed to take me for thirty dollars. I was to rendezvous with them in an hour, and then everyone was loaded into an open truck for a ride to the airport. I was allowed to ride with the pilot in a jeep owned by the local doctor. The airport turned out to be a hillside back at the ranch I had been at earlier that day!

The plane was anchored down against the wind, and on closer inspection was covered with linen instead of aluminum. There were several patches on the wings, with wire holding on the back taillight. Anyway, we all got on board, and rumbled down the bumpy, grassy slope and staggered into the air. We flew at treetop level, which was very bumpy due the hot air at treetop level. We flew along between the hills at about 300 ft. The Dutch girl opposite me crossed herself, and I did the same. We arrived back at the Puerta Vallarta airport in twenty minutes! versus five hours on the way out! When I arrived back at the hotel and went for a swim, everyone said "What the hell are you doing back here, you aren't supposed to be here for a couple of days!