

THE PACKRAT

ROCKY
MOUNTAIN



RAMBLERS
ASSOC.

October - November 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

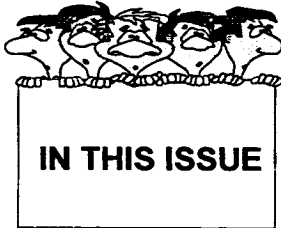
EDITOR'S NOTE

This is my last Packrat. It was a very rewarding experience, and I hope the next editor will enjoy it as much as I did. I want to thank again all the people who contributed to the Packrat this past year, either with their interesting articles, or with the logistic of getting it printed and mailed. A thousand times thank you.

This issue will surely interest you with its nice balance between business and leisure. This fall promises to be full of activities, and I hope you will flood the next editor with accounts of your adventures!

I look forward to seeing you all at the Annual General Meeting. Why not get involved in the Club this year? A great club is made of great people who care and take actions. If you have always wished for some changes, then initiate them!

Yahoo!



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

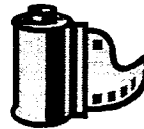
PROGRAMS

October 14, 1998



**Hiking, Biking,
and Touring in
ITALY**

(Slide Show)
by
Ken Park

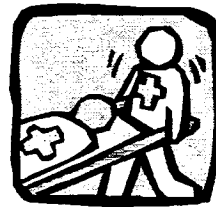


November, 1998

TBA

December 9, 1998

**Foothills Search and
Rescue Society**



(Presentation)
by
Guy Kerr
(President)

Foothills Search and Rescue Society is a
voluntary organization used by Police and RCMP
to aid searches and rescues

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 November 18, 1998.

PRESIDENT'S MESSAGE

by Anita O'Reilly

As this is the last issue of the Packrat for the fiscal year I would like to thank the Executive Council for the hard work and numerous hours each has donated throughout this year. Although her job has taken her all over the country, Danielle Tardif has consistently turned out an interesting and informative newsletter. Thank you for your commitment, Danielle. Bob St.John certainly had his hands full in the position of Past President. Not only did he remind me of any upcoming tasks, but also he has continued to represent RMRA with CASC and to update the Members' Manual and trip ratings. Bob also headed a committee to organise a very successful summer skills review day. Thanks for all your guidance and assistance over the year Bob. Considering the growth in membership, Chris Saunders has kept his hands rubbing together at a great rate of speed. I know that the treasurer's table has been a busy place this year, Chris, and I thank you for taking care of business! Growth in membership also means more trips going out every week. Thanks to Ron Hunter for his continued commitment to the many duties of the Trips Director. Barb Mitchell, thanks for keeping a record of all our meetings, so we could check what was said and what was scheduled. Maria Nemethy did an outstanding job of supplying us with entertaining and informative programs throughout the year. The Social Director has the ominous task of trying to make socialites out of a bunch of hikers and skiers! Thank you, Terry Kaufman, for a fulfilled year of assorted

events. Special thanks for hosting (and agreeing to reschedule) the Stampede Breakfast. Dorothy-Ann Reimer has been a very busy Vice President this year. She takes her job as chairperson of the safety committee very seriously and has arranged a great slate of courses as well as attending the CASC meetings, and standing in to chair Wednesday night meetings when required. Thank you, Dorothy-Ann, for your initiative.

There are many others to thank; Frank for completing his 29th year of taking care of the coffee shop, Wally for his informative weather forecasts, Ron Hunter and Dorothy-Ann Reimer for the extra effort to arrange the bus trips, all the coordinators without whom this club would not function. It's the people who set up chairs, fold pamphlets, mail Packrats and generally step in wherever a hand is needed that make all our jobs a little easier. Thanks to all of you! I have immensely enjoyed my year as President!



SOCIAL EVENTS

by Terry Kaufman

UPCOMING EVENTS!!! MARK YOUR CALENDARS

CAR CAMP..... September 26 & 27

Etherington Campground, if interested please call Phillip Spalding

ANNUAL DINNER & DANCE

WHERE: CALGARY WINTER CLUB
WHEN: OCTOBER 30, 1998
TIME: COCKTAILS 6:00 PM
DINNER 7:00 PM
DANCING 8:30 PM
COST: \$30.00 PER PERSON



As autumn is now upon us its time rummage through our closets and dig our finest duds and polish those dancing shoes in readiness for the Annual Dinner and Dance. Our Annual Dinner and Dance will again be held at the Calgary Winter Club. Tickets will be going on sale the first week of October and the last date to buy your tickets will be Wednesday, October 28th. This is a great time to come out and mingle, and try to put a name on that person who looks so different when not attired in hiking clothes (and their not dressed in Halloween costume either). We will be honoring a few of our members for the contributions they have made to the club during this past year.

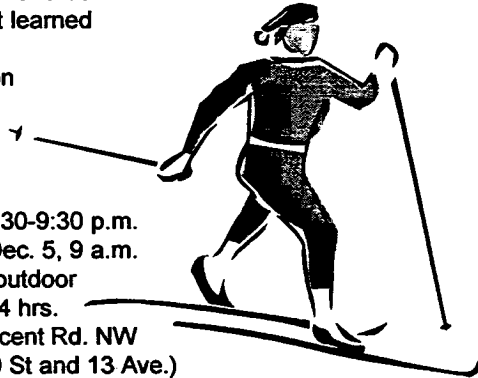
THE ANNUAL XC CLINIC AND OUTDOOR LESSON

by Dawn Jones

For beginner skiers and those refreshing.

What you get:

- two hours in house clinic on:
 - *what to buy
 - *waxing of skis
 - *where to go skiing
 - *your pack and what goes in it
 - *clothes to wear
 - *safety
 - *ski etiquette
 - *your body, what to put in it and everything else you need to know about cross-country!
- 4 hour practical lesson in the outdoors
 - *cross-country ski techniques -level ground
 - *hill techniques for those who wish
 - *review of what learned in the clinic
- a "real" club trip on another occasion.



Details:

When: Nov. 27, 7:30-9:30 p.m.
(clinic) & Dec. 5, 9 a.m.
to 4 p.m., outdoor
lesson for 4 hrs.

Where: 1402-Crescent Rd. NW
(aim for 10 St and 13 Ave.)

Cost: \$50, payable at the clinic.

Phone _____, press mailbox #2 for more information.

QUICK 'N EASY GRANOLA SQUARES

by Danielle Tardif

- 3 cups oats
- 1 cup of one or several of the following: peanuts, slivered almonds, sunflower seeds, pumpkin seeds
- 1 cup of raisins or chopped dates
- 1 cup semi-sweet chocolate chips or carob chips
- 1 can (10 oz.) evaporated milk (Carnation)

1. Cover a cookie sheet with aluminum foil then grease foil with margarine
2. Mix all the ingredients in a large bowl then press in the cookie sheet (about ½ inch thick)
3. Bake 20-25 minutes in oven preheated to 325 °F or until brown
4. Turn over on a cloth, remove the aluminum foil then cut in squares
5. These squares can be frozen for your weekend expeditions

My favorite mix is peanuts, sunflower seeds, pumpkin seeds, raisins and chocolate chips.

"TOO MANY RULES"

by Bob St.John

This year membership surged 50% to over 280 members. For new members this is a brief summary of the safety issues debated by the club over the last 3 ½ years. For all members two issues are presented for discussion.

In 1995 a member died in an avalanche accident. After several months of review a majority of members approved the following safety rules for trips. They are put simply:

1. Wear a bicycle helmet when on a bicycle.
2. Wear a rock helmet on difficult scrambles.
3. Wear an avalanche transceiver in avalanche terrain under certain snow stability conditions.*

A minority of members voiced strong objections to one or more of these rules, particularly #3 dealing with avalanche equipment (see * below). Some are still opposed. Perhaps you read the tit for tat articles in the Packrat between Wilf Twelker and myself, or heard the complaint "too many rules, too many rules".

Too many rules? Count them: tttthrrreeeeeeeee.
Too many rules? How many actually affect you?
Too many rules? I believe we are one rule short:

4. Minimum of three adults on a trip.

Serious illness or accidents will continue to occur. One person cannot adequately attend to the victim as well as initiate an evacuation. I will push for this added rule. I acknowledge there are some arguments against, but they pale to the argument for.

I encourage all members, especially new members to get involved. By merely discussing these rules in the car to and from the trailhead you will raise the level of awareness within the club. We are extremely interested in the opinions of new members on how we have addressed safety issues. For those with a little more time the Packrat provides an effective medium for discussion and debate.

* Rule #3 was made somewhat complex to satisfy those who wished to go into avalanche terrain without wearing transceivers. I challenge anyone to find a professional guide, parks warden, rescue team member, guide book, pamphlet, newspaper or magazine article that even suggests that wearing transceivers in avalanche terrain is not a good idea. All of those sources that I have encountered clearly state it is foolhardy to not wear transceivers, imperiling not only yourself but others who may be following your example. If debate on this rule is re-opened then I would be in favor of making it simpler:

3. Wear an avalanche transceiver in avalanche terrain.



NOTICE OF THE 1998 ANNUAL GENERAL MEETING

Place: Rosemont Community Centre
Date: Wednesday, October 21, 1998
Time: 7:30 PM - Trip planning meeting
8:00 PM - Annual General Meeting

Please support your club by attending this important meeting.
We require a quorum of one fifth of the membership as of September 30, 1998.
You are eligible to vote if you were a member on September 30, 1997, or have since become a member. Please bring a pen or pencil.

AGENDA

1. Minutes from the 1997 Annual General Meeting
2. Business arising from the minutes
3. President's report
4. Treasurer's report and Financial Statements
5. Coordinators' Director report
6. New business
7. Election of the 1998-1999 Executive Committee
8. Adjournment.

NOMINATIONS for the 1998 - 1999 Executive Committee

The Nominations committee, chaired by Wally Drew, is accepting nominations for the following positions: President, Vice-President, Secretary, Treasurer, Social Director, Program Director, and Packrat Editor. Nominations will also be accepted from the floor at the Annual General Meeting. Please obtain the consent of the nominee prior to making a nomination.

The deadline for mailing Praxis' survey is October 15, 1998. Pick up your copy at the Wednesday meeting.



WANTED: COMPETENT CROSS-COUNTRY SKIERS AS GUIDES FOR BLIND SKIERS.



SKI For Light is an annual cross-country ski event for blind and visually impaired skiers. It is sponsored by Sons Of Norway lodges in the three western provinces. This coming winter Ski For Light will be held at William

Watson lodge in the Kananaskis, from Monday the 15th of February to Sunday the 21st. Tuesday to Friday will be spent in leisure skiing and race practice, and on the Saturday come the "serious" 2.5 and 5 kilometre races. In the evenings social events are held in the lodge.

We're looking for volunteers to fully participate by staying at the lodge and guiding every day, but we can also use helpers who are prepared to drive up for the day on any of the days.

The blind skiers pay about \$325 for the six days all found, but those that cannot afford it sometimes get sponsorships from Sons Of Norway or elsewhere. Guides fully participating will pay the same amount, but there may be sponsorships available from Sons Of Norway lodges, if funding is a problem.

If you are interested, or want more information, please call Roger Woodgate

UPCOMING MULTI-DAY TRIPS

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

1. 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.



2. 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).

BERG LAKE (WITH UNDERSHORTS)

by John F. Schleinich

It was amusing to read Bob's article on his Berg Lake adventure without underpants. It brought back memories of long ago, to be precise, of September 1981. I was not a rambler at that time and most of my outings I had to do alone. Such was the case when I went up Berg Lake. Not only was I missing a companion, but I was missing my food too. In the evening of the first day after a long and tiresome hike, when I wanted to prepare supper (usually some ham and bread) I realized to my horror that my food was not with me. None of it. It was left behind, not to lighten my pack (as in Bob's case), nor was I observing lent in September, no it was forgotten in haste to start my hike. Excited to see the place which National Geographic had used as a book cover in a special 1975 edition on Canada. All my ham, all the sausage, the bread and apples and of course a nice selection of cookies, everything was left well locked-up in my car at the trail head.

It was evening, my tent was up and I had water. The only thing to do was to go to sleep and decide in the morning on further action. When I woke up next morning, no hunger pain. An experience I acquired in prisoner camp after WW II. No matter how hungry I went to bed in the evening, in the morning after dreaming all night of eating good food in my mother's kitchen, I would wake up "psychologically" gorged, not a bit hungry. Amazing but true. It remained with me all these years and even today after half a century went by, I don't crave for food until late in the afternoon.

At any rate not being hungry my mind was not on retreat. There was so much to see, so much to enjoy. Before reason could prevail I took off for the Snow Bird Pass. Sixteen years ago the glacier was much closer to the trail, according to Bob's calculation over 800 feet. I missed the trail and landed on the glacier following fresh tracks. Later I saw a couple of hikers fully equipped exploring the glacier. I figured I had no place on the ice alone and scrambled off up the East side.

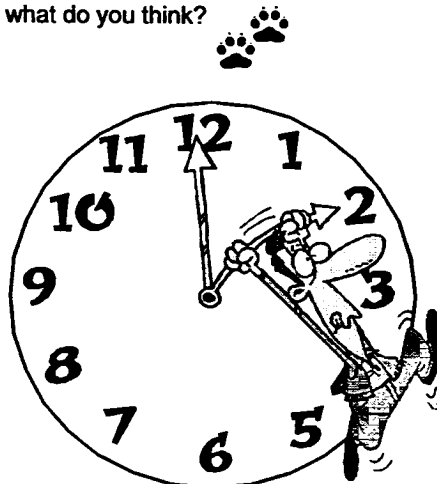
Eventually I found the pass. It's beautiful views made me forget my immediate future of hungry camping. The same evening returning to my tent fully intending to leave, I was distracted by a rare spectacle. I saw "Flying Squirrels", sailing through the air between two "bear-proof" trees with campers' food hanging on a rope, nibbling at the containers every time passing by. It was not long before a pack was leaking mountain mix through a fair sized hole. Raisins and peanuts dribbled out of the pack for all the squirrels to enjoy. All the squirrels and me too. I picked up a handful of peanuts and raisins and ate them without guilty feelings. After all I did not steal them out of a pack, I found them on the ground. There were other campers too, who greatly enjoyed this show but none as much as the squirrels and I did.

Amongst the campers I met an American hiker. He convinced me that the hour was late to leave, and supported his argument by sharing an apple with me. For an encore he offered some advice, as well as the goods, "smoke marijuana and your hunger will disappear". I took the apple but refused the smoke.

This meagre supper and the fast approaching darkness, made me decide to stay another night. Next morning same scenario, but after a short visit to the warm pools on the slope above the camp, my stomach was very clear on an immediate retreat. Then something exciting happened. We witnessed a rescue operation of two climbers who were pulled out of a crevasse and flown to our camp. Their tent was erected on the pass between the North Face and a smaller hill on Robson glacier. People who watched the climbers for several days through binoculars, alerted the rangers, when no more activity around the camp was evident. That probably saved their lives. When I saw the first climber, released from his harness, swaying and stumbling as he tried to walk, while his buddy was being rescued, it made my predicament easier to bear. They had no food for more days than I and no warm sleeping bags, being stuck in an icy hole, while I was comfortable in my tent. I decided to stay yet another night, mainly because of a good Samaritan who offered me a bowl of soup and a few crackers. Suppressing my pride - I took it eagerly.

Next morning, three days and three nights later, I headed back to the car. There I found all my ham and sausage green and smelly, being semi-cooked in the heat of an "incubator" inside my trunk.. Alas, I had to keep alive on cookies for another few hours until finding food.

What a strange bunch the Ramblers are, they wouldn't share their underwear with Bob, while a complete stranger shared his food with me. If you ask me: would I have given my underwear for a can of tuna well what do you think?



Don't forget to set the clock back to standard time on Sunday October 25th.

OCTOBER - NOVEMBER

KEN'S QUOTABLE QUOTES

"Be true to your teeth or your teeth will be false to you."

— Dental proverb

"Our greatest glory is not in never failing, but in rising every time we fall."

— CONFUCIUS

"Education's purpose is to replace an empty mind with an open one."

— MALCOLM S. FORBES

"Sleep, riches, and health, to be truly enjoyed, must be interrupted."

— JEAN PAUL RICHTER

"A study of economics usually reveals that the best time to buy anything is last year."

— MARTY ALLEN

"In tragedy, every moment is eternity; in comedy, eternity is a moment."

— CHRISTOPHER FRY



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INTERNET CORNER



The Internet corner of this issue will bring you around the world. From the highest mountains of Canada to pictures of all 8000m peaks, you will find some interesting sites related to mountaineering. Once again, thanks to Bob St. John for sharing a good link on survival.

Highest mountain in Canada listed by Provinces. Interesting to find out that Mt Logan grows by 8 meters by the time you reach the bottom of the page!

<http://www.nais.ccm.emr.ca/defacto/english/mountain.html>

Find out what equipment and skills you need to survive an emergency or disaster at EQUIPPED TO SURVIVE:

<http://www.equipped.com>

Interested in Mountaineering Journals with photos? Point your browser to: *MOUNTAINEERING!* @

<http://www.bcl.net/~dbartley/Mountaineering.htm>

See a picture of every 8000 Meter Peak at: *GORP / 8000 Meter Peak Photo Gallery* @

<http://www.gorp.com/pondaray/8kphtog.htm>

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

FRYATT HUT

by Denis Longuépée



Day 1, August 23rd: Danielle and I hiked the 22km to the ACC Fryatt Hut to join David, Bob & Linda who had hiked in on the previous day. The trail follows the Fryatt valley gaining altitude slowly to the headwall. We finally reached the hut after 9 hours of walking at an easy pace.

Day 2, August 24th: We headed towards the Three Blind Mice. The first two, Minnie and Middle were fairly easy to climb but the last one, Mickey, had an interesting rock section before the summit. Bob and I climbed to the summit and decided to set up a belay station for the others to climb the tricky rock section. We all made it to the summit and were back at the hut by 6:30 p.m.

Day 3, August 25th: This was the day for the big one; Mt. Fryatt. We left a little after 6 a.m. and we used the headlamps for 15 minutes. We reached the first col at 9:30 a.m. After scrambling up to the snow couloir that we were supposed to cross, we came up to our first obstacle. The snow was actually ice and we decided to try to find a different route since it would have taken a lot of time to set the 2 or 3 belay stations required for a safe crossing. One of the alternate routes would have required us to go down at least a 1000 feet and we were not sure if we could safely cross the snow / ice slope at the bottom. We all decided to try to cross higher up along the ridge. We soon realised that the summit would have to wait for another time when hopefully the couloir would be in better conditions. We had lunch on a little peak while we tried to scout the route up to the main summit. Coming from the north side of the pass via Geraldine lake appeared to be a good choice in these conditions. We got back to the hut at 3:30 p.m. after a relaxing hike down with a bit of rain to remind us that we probably made the right decision to turn back.

Day 4, August 26th: The sky was quite overcast when we woke up so we had a late start at around 9:00 a.m. We were heading to Mt. Parnassus but ended up closer to Mt. Olympus and changed our plans. The description of the route indicates to follow the snow couloir to the col between Mt. Xerxes and Mt. Olympus but as for Mt. Fryatt, it was ice and we decided to try the rock buttress to the east. After a short approach on the glacier, we front pointed a short section of ice past the bergschrund and headed up to the rock. It wasn't easy going but thanks to Bob who found a safe way up through various rock bands and gullies. We finally reached the summit of Mt Olympus at 4 p.m. We knew it was getting late and no one was really looking forward for the descent through what we had just came up so we didn't stay at

the summit very long. The descent turned out to be not too bad and we were back on the ice by 7 p.m. A short descent on the snow and we were taking the rope and crampons off. We finally made it back to the hut at 9:30 p.m. We didn't need to use the headlamps but we were very close.

Day 5, August 27th: It rained a good part of the night and it stopped only around 10 a.m. We didn't really want to stay at the hut but it was a little late to attempt any summit in the area. David took advantage of the day at the hut to do his custodian duties, which he probably fulfilled more than most custodians do. The rest of us ate, played cards, read, slept, ate, played cards, etc...

Day 6, August 28th: After a day spent at the hut, we were all anxious to get out to do some mountaineering. We started hiking at 7 a.m. towards Mt. Parnassus. We followed the route that Danielle had suggested on day 4. The scramble through the rock band and the glacier travel were easy so we made very good progress. We roped up to cross the bergschrund and followed the steep scree slope after. There was a lot of loose rock and it was hard not to knock any down. I was heading first and, trying to use the bigger rocks since they are normally more stable, stepped on one the size of a big TV and all of a sudden it started to come down. First thing I knew, I was facing downhill and trying to avoid tumbling down. I did some kind of back somersault and ended up on my feet next to Danielle. The others were worried if I had hurt my back while I was glad to see that the rock had stop and no one bellow me was hurt. I felt OK except that my left foot wasn't feeling right. I took my boot off and couldn't see any damage so I thought it might be fine. We were close to the col between Mt. Parnassus and Mt. Belanger so we headed toward it to get away from the loose scree slope. As soon as I started walking, I realised that I had hurt my foot. I didn't know if it was broken or sprained but it was really painful to walk.

Obviously the summit was cancelled for me but I told the others that I would wait for them if they wanted to go. They all told me that it was going to be slow to get back to the hut and they would rather come down with me. The summit would just have to wait for another time. To help me out, they all offered to lighten my pack, which I thought was already light, but they convinced me that the less I had to carry, the better it would be. It was around noon, we had perfect weather and we had a lot of daylight ahead of us. To avoid the bergschrund, we decided to try another scree slope further east. It was very painful for me to move but I tighten my boot to help support my foot and managed to walk. I appreciated the fact that all others waited for me and we finally got back to the hut at around 4:30 p.m. I walked to the river and

continued next page

FRYATT HUT

continued from previous page

took my boot off to soak my foot in the icy cold water. It was so cold that it took a few attempts before I could keep it in long enough to be worth while. When I put my camp shoes on, it was a lot harder to walk. How did I walk the 4 km back to the hut? I didn't know, but I was happy to be back. My solid mountaineering boots certainly helped me to get down and probably minimised the injuries. As the sun was setting down, it was getting more obvious that I wouldn't be able to walk the 22 km to the cars. It was confirmed the following morning when I had a hard time even getting up the little hill to the outhouse. The only solution was to be evacuated by helicopter. How much would it cost? Would Parks Canada cover it? I had no idea and I didn't really care; I had no other choice.

Day 7, August 28th: Leaving at 7:15 a.m., David, Bob and Linda walked out to arrange the rescue for me. As expected, they got back to the cars at around 1:30 p.m. Now they had the task of finding where to start the rescue process. They decided to go to the information office in Jasper; which directed them to the fire hall where everything was organised quickly. Of course they knew that we would get out in a few hours, but Danielle and I had no way to know and could only hope. Could they get a helicopter that day? Or even in the next few days? Were they all busy fighting the forest fires? My injury wasn't really life threatening therefore they might have some other priorities.

Funny how time slows down when you're waiting. Once in a while we thought we could hear the helicopter in the distance, but every time it turned out to be a combination of wind and the noise from the river. But at 5 p.m. it wasn't a false alarm. There wasn't a lot of room to land, but as we suspected the pilot landed fairly close to the hut on the slanted space between the hut and the river. I was surprised to see a paramedic with the park warden but I was quite happy to know that we would be out that day. There wasn't enough room for Danielle, our packs and me so the warden told Danielle that they would be back in a few minutes to pick her and the gear up.

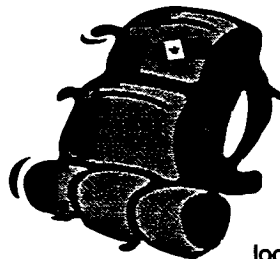


I was more surprised to see the ambulance waiting for me at the other end. It is probably a standard practice whenever they do an evacuation by helicopter. I never asked. The paramedics did an assessment of my injuries and offered me a ride to the Jasper hospital. I knew that it would be an expensive ride so I turned it down. X-rays were required to verify the extent of the injury. There was no bone damage; all I needed were

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CONTRASTING CAMPING STYLES

by Ron Mason



This summer I attended two different organised wilderness camps in the Canadian Rockies and it is interesting to compare the different approaches. The first camp was a hiking camp run by the Skyline Hikers and located near Sunset Pass in Banff National Park. The second camp was the General Mountaineering Camp run by the Alpine Club of Canada, located near Mt. Alexandra just south of the Columbia Icefield in a BC forest area. Both camps were at an altitude of just over 2000m and were about 25km apart.

The Skyline Hikers camp was organised solely for easy to moderate hiking whereas the ACC camp was planned for mountaineering. Apart from that difference, the purpose of the camps was similar but the logistics and environmental effects were quite different.

Skyline Hikers has been holding camps for about 50 years in the parks. It uses Brewsters as an outfitter and the camp was operated in much the same manner as camps at least 50 years ago. The camp, located in a willow meadow, was supplied by horses. The horses used the same trail as the hikers for access and after four weeks of travelling in and out the trail showed considerable damage. It would have been much worse but for the dry weather. The horses (about 18 of them) were kept in a corral where the vegetation was completely destroyed and the trees damaged. Incredibly, they were allowed to graze freely in the meadows.

There were over 70 people in the camp and large heavy canvas tents were used, complete with wood stoves. Supports for the tents were cut locally. The impact on the meadow of this large population for four weeks was considerable.

The ACC camp has operated for over 90 years and presented quite a contrast. The camp was located upon a gravel outwash in a rocky cirque, eliminating any vegetation damage. People and supplies were brought in by helicopter, expensive and not totally without environmental impact, but necessary because of the location. The outfitter is very sensitive to environmental issues and has been steadily reducing the impact of these camps over the years. Small two-man tents are used except for the large kitchen and dining tents. All construction materials are flown in and out at the end of the camp.

About 40 people were staying in the camp which lasted four weeks. When the last flight leaves it will be impossible to know the camp had been there, except for the tracks in the gravel.

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NORTH YORK CIRQUE BACKPACK, JULY 18-19

by Bob St. John

Dave Mulligan coordinated a two day backpack to the North York Cirque in the Crowsnest (trip #d810). On Saturday morning five of us (Dave, Yolande De Visser, Christine Grotefeld, Linda Eastwood and I) drove from Calgary to the trailhead a few kilometers south of Coleman. The 7 kilometer hike to the cirque is on an old coal exploration road which crosses York and then North York Creeks several times on bridges maintained for snowmobiles. The road grade is easy to start with, then becomes moderately steep gaining 2600 feet in all. Views of Mt Parrish, Andy Good Peak and Mt Coulthard with the giant eye of the Coulthard Cave watching us made the journey more interesting the higher we climbed.

The whole Crowsnest area with its extensive network of old coal roads is a mecca for motorized sport including motorbikes and ATV's. In this light we were not too surprised to meet several groups of ATV's and a couple of bikes returning from a day outing up the valley. They seemed more surprised to see us walking the road instead of riding something. Although they were all pleasant people, exchanging greetings with us as they passed, I couldn't help feel there was a gulf between us. We were there to get away from it all; to blend in and to experience the natural surroundings in an unobtrusive manner. I do not fully understand the mindset of ATV riders but they seemed at home with the noise, dust, and fumes of their machines. The ATV seemed to carry them along as would a couch with wheels through nature as a large TV screen. Where the couch could not go, they would not go. Guns provided protection from their reality of nature.

The road ended near the remains of an RCAF DC-3 that crashed in 1946 en route from Cranbrook to Winnipeg. The pieces of wreckage are quite large considering the distance it must have plummeted after hitting the mountain ridge to the west. The local site is a memorial to the seven flyers killed, and is the major reason for many people to visit the valley. A trail continues up a steep headwall to an alpine cirque where we made camp with fine views down the valley.. That evening we hiked up the cirque to the Coulthard - Andy Good col 1300 feet above camp. From here we looked south and west to the "Promised Land", a barren karst topography containing some of the largest caves in Canada (Gargantua, Cleft, Ice Hall). It also became apparent that Mt Coulthard and Mt McLaren could be reasonable ascents (OT or SC) for a future backpack trip.

Linda and I brought a light tarp as sort of an experiment, Christine had a bivi sack while Yolande and Dave shared a tent. The Crowsnest is known for it's winds, and that night they blew with a vengeance. Christine moved her bivi sack into a sheltered gully, while the rest of us had to contend with the flapping of tent and tarp. To my surprise

the tarp, supported by four ski poles and held down by large rocks, withstood the gale. A tarp's profile can be raised or lowered according to the desire for headroom or for wind resistance. It certainly provided adequate ventilation.

Sunday morning came clear and gusty. We set off for the Coulthard Cave on the north side of Mt Coulthard. The route involved climbing a rock band (SC 7) to get to the cave entrance, but our main worry was windblown rocks falling from the cliffs above. Our intentions were to explore the cave for a few hours. The day before we had met two fellows who had done just that, and they had not noted any difficulties. The cave entrance is impressive with an opening of about 100 feet diameter. Just inside a sheet of ice formed a steep ramp down about 75 feet to the cave proper. We were perplexed as to how the other two fellows had descended this as they did not carry a rope nor did they seem to have specialized equipment (crampons, etc). After half an hour of probing the possibilities we decided to turn back. Any future trip should bring at least a rope and perhaps crampons and ice axe. Beyond that obstacle the cave floor looked dry and flat and enticing.

The trip out was an uneventful hike out along the road, thankfully downhill. We had dinner at a nice restaurant (Popiel's Family Restaurant) in Coleman and drove home to Calgary. Thanks Dave for an interesting backpack.

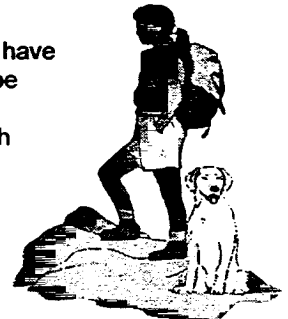


CONTRASTING CAMPING STYLES

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Skyline Hikers have a problem finding sites for future camps. I am surprised they can find any within the parks, they do not seem to realise why they are considered as a high environmental impact camp. All parks have very strict regulations for group camping and Skyline Hikers are now looking for sites outside the parks.

The Alpine Club and its outfitter have shown that a large camp can be organised with negligible environmental impact, although at extra cost.



EXECUTIVE MEETING ROCKY MOUNTAIN RAMBLERS

JULY 27, 1998
7:30 PM

by Barbara Mitchell

PRESENT Anita O'Reilly (President), Dorothy-Ann Reimer (VP), Ron Hunter (Trips), Terry Kaufman (Social), Bob St. John (past Pres.), Barbara Mitchell (Secretary).

APOLOGIES/ABSENT: Danielle Tardif/Maria Nemethy/Chris Saunders

Vice President: In order to keep the notice in 'Neighbours', a renewal needs to be sent in every six months. The listing 'sinks' to the bottom of the events list and can be brought to the surface by sending in a regular renewal.

Treasurer's Report: Essentially we are spending what we take in. While Chris is on holidays, Bob St. John will cover.

Trips Director: FALL BUS TRIP Dolomite circuit-September 13 FALL CAR CAMP - coordinator is needed. Ron will continue to use the two box system for the telephone while there are large numbers of trips. Reminder that trip reports should not exceed 2 minutes.

Safety Committee: Skills day was a big success and Dorothy-Ann tries to raise safety awareness on all hikes she coordinates. There will be a meeting soon - TBA. There may be another map and compass course.

Programs: No report.

Social Director: Stampede breakfast was a huge success with about 60 people in attendance. There will be a wiener roast on August 7.

PackRat: No report



Other Business:

MEMBER SURVEY: Will be conducted again this year. Anita will design it and it will be part of the membership renewal. One of the questions will be regarding emailing out the PackRat to those who choose this option-think about it.

GROWTH MANAGEMENT- Are we getting too large? The number of trips is not significantly up but the number of people/trip has risen. As long as we get a largish number of trips per weekend the numbers/trip should remain reasonable.

MEMBER SAFETY: We discussed how to deal with members who may potentially be endangering their own safety or the safety of the group. The executive will gather documentation and a letter will be sent regarding serious concerns..

EXECUTIVE HELP: The trips coordinator and the treasurer are two busy positions which could use help. We encourage those positions to designate an alternate who can job share.

PRAXIS: We will ask for interested members to strike a committee to fill out the Kananaskis group questionnaire

AGM: October 21, 1998. Nominating committee will be asking for names of people who might do a good job on the executive. The nominating committee will then approach these people to run.

Next Meeting: TBA




FRYATT HUT

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a good tensor bandage, some Ibuprofen and to take it easy for a while, good!

The park warden told me that Parks Canada picks up the tab for the air ride. It is part of the services that come with the entrance fee and the wilderness pass. Thanks to Parks Canada!

I would like to conclude this trip report by expressing my

gratitude to Danielle, David, Bob and Linda for organising the rescue, for being so patient and waiting for me all that time. You never realise how good friends you have until you really need them. They could have simply left after the rescue was arranged, but they wanted to be sure that I was OK and decided to stay even if it meant waiting another day to drive back to Calgary. Whatever they did probably seemed not much for them but it made me feel better, forgetting the pain and warming my heart. 

SAFETY COMMITTEE

by Dorothy-Ann Reimer

Highlights of Meeting
August 11, 1998

1. **Search & Rescue Talk** - Maria Nemethy is contacting Foothills Search and Rescue Team to arrange for a volunteer speaker at a future meeting.

2. **Staying Found program** – Keith Morton could do a program for Ramblers on 'staying found' while hiking with a group. However the committee thought the cost would be too high for one club to spend at this time. It might be possible to join with another club to offer this at a later date. Instead it was decided to offer a panel discussion by 2 or 3 coordinators on various topics related to hiking with a group. Dorothy-Ann Reimer will talk with Bob St. John re type of information to include.

3. **Committee reviewed May 31 Skills Day** comments from Demonstrators. The participating coordinators felt that the activity reached the target audience (newer and less experienced members) and that the topics were appropriate and well received by the participants. It was suggested that future review days be available to Members first before permitting non-members to sign up.

Recommendation: That another similar Review Day be held next spring, with some topics (Map & Compass, First Aid, Bears) remaining on agenda and other topics (for more advanced members) being introduced.

4. **Winter Program** – The Club must define what courses it wishes to offer in conjunction with the CASC members prior to CASC's fall meeting in September. The Committee suggests an Avalanche Awareness Course. It would like to hold a basic Transceiver Search day for its own members only using Club people.

5. Needs of Larger Membership

Recommended – that discussion be held at the next Coordinators Council whether coordinators should limit the numbers on their trips.

Discussed concerns that members with medical conditions need to advise coordinator before trip starts. Also continue to encourage coordinators to ensure that new hikers are well equipped and capable of joining the various trips.

Ron Hunter suggested that the waiver form be printed in larger format on separate sheet of paper to be handed to new people to read prior to trips.

Also discussed was development of a medical and equipment check sheet for coordinators to use when asking questions of new members. Bob St. John will be asked to add this to the cue cards.

6. **Subsidies for Courses for Coordinators** – Ron Hunter and Dorothy-Ann Reimer will put together list of who is eligible for the current year. Ron Hunter will prepare a form to be filled in and submitted by coordinators to obtain reimbursement.

It was decided that the next Safety Committee meeting discuss a Recommendation that ALL coordinators have a current (valid for 3 years) **First Aid Certificate** in order to remain a coordinator in good standing.

Oct 1/97 - Sept 13/98													
Trips by technical difficulty			hikes				s. shoe	X-C ski				Total	P-days
	cycle	downhill	mtn	off-trail	scram	trail		track	trail	off-trail	mtn		
1	8	1	0	0	0	14	0	4	0	0	0	27	221
2	1	0	0	4	0	39	0	7	3	0	0	54	534
3	0	0	0	7	0	38	1	5	3	1	0	55	600
4	0	0	0	21	0	20	0	2	5	4	1	53	557
5	0	0	0	18	16	0	0	0	0	5	0	39	341
6	0	0	0	0	12	0	0	0	0	2	2	16	143
7	0	0	3	0	3	0	0	0	0	1	5	12	93
Total	9	1	3	50	31	111	1	18	11	13	8	256	2489