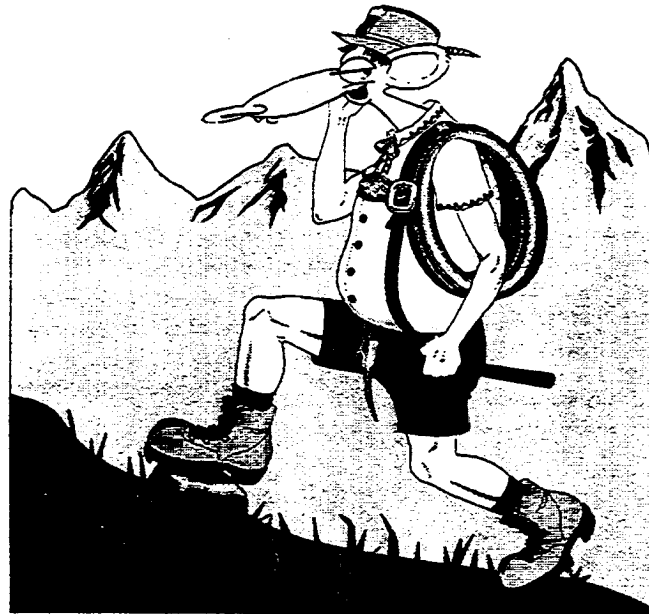


THE PACKRAT

ROCKY
MOUNTIAN



RAMBLERS
ASSOC.

April - May 1999

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 Drive N.W.
Calgary, Alberta
T2N 3E4

TRIP INFO: 282-6308 Hotline and at meetings.

RMRA EXECUTIVE 1998-1999

President	Anita O'Reilly
Vice President	Garry Denman
Past President	Bob St. John
Trips Director	Ron Hunter
Treasurer	Chris Saunders
Secretary	Ron Mason
Social Director	Mary Jane Hradowy
Program Director	Maria Nemethy
Newsletter Editor	Louise Richard

EDITOR'S NOTE

What a very large and thought provoking issue! The Executive is urging everyone to participate in the decision-making process for the future direction of this Club. Don't miss this opportunity to air your views and opinions and respond to the questionnaire.

I will be travelling at the end of May and therefore will not be producing the next Newsletter, but Danielle Tardif has graciously agreed to pick up your articles and publish the June Packrat. Thank you Danielle.

The goal of the Newsletter is to provide information related to outdoor activities and safety, and to share your stories on trips within Canada and other countries. Please submit articles on 3 1/2" computer disk, preferably in Word or WP. Also, please note the following:

"The Editor reserves the right to edit for clarity, brevity and content, and is the sole judge of suitability for publication of all articles or advertisements. Opinions expressed in the PACKRAT are those of the author or contributor and not necessarily shared by the Editor or Executives of the Rocky Mountain Ramblers Association".

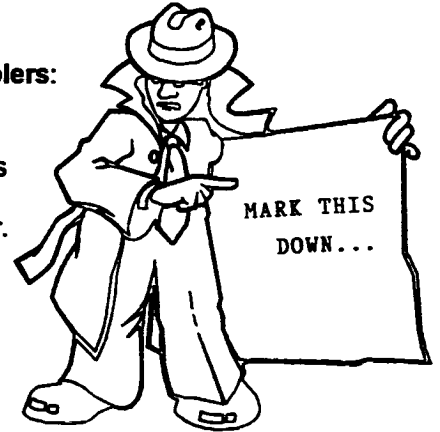
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SOCIAL EVENTS

Attention Ramblers:

mark these dates
on your calendar.



May 26 - Spring Open House. There will be refreshments and displays, so please bring your guests and introduce them to our Club. If anyone could help out by providing cakes, cookies, and other baked goods, it would be appreciated.

May 30 - Skills Day will be followed by a potluck and if anything like last year, it should be great!

July 10 - Stampede Breakfast hosted this year by Suzanne Costaschuk. More details to follow in next Newsletter and at regular meetings, closer to the date.

Sept. 17-19 - Annual Car Camp. Location to be advised at a later date.

October 29 - Annual Dinner and Dance at the Calgary Winter Club. A chance to see your fellow Ramblers all decked out and figure out who you can recognize out of the well dressed bunch!

If you have any other ideas for social or other fun activities, also if you would like to participate in the Social Committee, please call **Mary Jane Hradowy**

NOTE: Deadline for the next Packrat will be May 26, 1999

PRESIDENT'S MESSAGE

by Anita O'Reilly

It's been a very busy year for safety issues! As the Packrat will be brimming with information about these I won't go into more detail here. I just encourage you to read and respond.

Unless something drastic occurs in the snowfall department, it looks like an early hiking season.

A few important dates to be aware of:

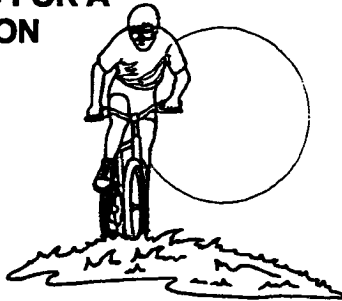
April 21: we will be sharing our meeting hall with the Foothills Wanderers Orienteering for their open house. This will alter our normal schedule, but it should be an enjoyable evening.

May 26: Spring Open House – please invite any interested friends and acquaintances for an informative evening.

May 30: Summer Skills Review Day – anyone who attended last year will attest to a very interesting day. It won't be exactly the same format, so plan to attend again.

JOIN DAWN JONES FOR A CYCLE ORIENTATION

On June 6
at 10 a.m.



Nature of the ride:

It is a ride designed for road/bike path cycling. It will offer cycling on city of Calgary bike paths. Prior to the ride, a brief safety orientation will be given.

At stops during the ride other helpful educational bike topics will be covered. These topics will cover: choosing a bike, simple maintenance, fitting the bike, clothes to wear, things to carry, correct riding technique and more.

Phone Dawn Jones
for more info.

mailbox # 2



PROGRAMS

April 21, 1999 7:15 P.M. - 8:00 P.M.

(Before our regular meeting)



Orienteering

The Foothills Wanderers
Orienteering Club
OPEN HOUSE

Orienteering is a fun sports for all ages and fitness levels. Challenge your mind and your body using detailed map to find your way around a pre-set course



May 12, 1999
ROCKYVIEW
WILDLIFE
RECOVERY
CENTER

Find out about the hazards to wildlife and the activities of the Recovery Center. Meet DIANNE ROWELL Wildlife Biologist and her "special injured friends."

FREE SLIDE SHOWS
Physical Education Rm B132
U of Calgary
Mondays, 8:00 p.m.

April 12: Sea Kayaking to Alaska
2 month adventure trip up the BC coastline.
by Michelle & Jim Weibe

April 26: Lodge Hiking
includes Alpine Lodges, Monashee Chalet, Selkirks, etc...
by Alf Skrastins

These were my first words, said out loud to myself, as I lay on my side in deep fluffy snow. My eight companions and I had, only a few minutes prior to this happening, been enjoying a typical Alberta winter day, blue sky, gorgeous mountain views, and fresh powder snow. And now all that was changed. Here I was 10 km from help on that fateful March 7th day. The trail was the part very close to Skogan Pass summit, a not very traveled part of the Skogan Pass Trail. I felt, and then saw, what was an obviously dislocated right knee. I lay very still waiting for the only person who was on the trail behind me, John Schleinich.

I managed, with some temporary relief; both mental and physical, to get the knee back into place. John contributed a wide tensor and I got out my cushion that was meant to be used as a splint. Dorothy -Ann Reimer had mentioned the cushion on a previous hike and had indeed used it herself on a RMR member who was injured. John and I were already getting cold hands and neither of us could get the small pins that I had, opened. Time was wasted while we tried. It took both of us to get the splint on, fastened in place with the small pins that finally we managed to get open. Then I stood up, and to my horror my knee dislocated almost completely again.

John quickly left to get help. He found Louise Richard and Bernard Muller at the agreed upon rendezvous spot. Louise, being the fastest skier headed for Nakiska for help. Bernard, the strongest one, came back to help me. I will be forever indebted to these three people for helping me when I was in such a serious situation. They just may have saved a life.

And so back to what was happening to me after John left. Please understand he had to leave. After he left, I immediately made a decision to try to inch my way along to keep warm. Hypothermia can be so deadly that my intention was to keep it at bay. I had not counted on the fact that with pain, and the fear of being alone, I would quickly begin to go into shock. The time between John's leaving and the symptoms of shock starting, was only about 10 minutes. I had a feeling of extreme cold, violent shaking of my hands and yes, anxiety. I assessed my situation. In 30 minutes, I had moved about 12 meters. This was not good enough.

The copious quantities of soft fluffy snow had become an enemy, a trap. With every mincing step I sank on my good leg and the other one was useless. Trying to use two poles for crutches and to carry skis also, proved an impossible task.

I stopped and rethought the situation. Time had to be taken from inching along to do the following:

1. take my emergency supply of pain killers
2. get out all my extra clothes, a fleece jacket, fleece pants (that I couldn't do up so they wouldn't stay up), hat, hand warmers (that wouldn't work.)
3. attach my skis to straps on the back of my pack.

And so onward! I was still cold and shaking. Would someone come soon? An outdoor survival specialist told me that I probably had about one-half an hour before the combination of shock and hypothermia would have incapacitated my mind. Then it would not have mattered that I had a pack that held everything on the Rambler 'list.'(blue sheet)

Bernard did arrive. Oh Joy! Bernard is new to RMR but he and I had known each other beginning 25 years ago when we were both XC trip leaders for the Calgary Ski club. He acted as my crutch and carried the skis. The deep snow still caused me to sink so much that he had to spend considerable time getting me out. He offered to carry me on his back, but I was too afraid of hurting my leg even more. During our time together I thought about how easy it is to make a toboggan from skis or a seat carrier. I had the 'know how' and the 'stuff' to do this, but there was no point in discussing it because Bernard would need help to carry or pull me. Finally I just sat down and the last 50 meters or so simply pushed myself backward with one good leg while sitting on the snow.

Then we were at the beginning of the tracked and packed XC trail. The sun shone again and soon there was the sound of the paramedics with their great toboggan stretcher and warm blankets. The total time, from injury until the paramedics arrived was about 3 hours, a lifetime! At the time of writing this, my diagnosis is a torn medial ligament and possibly an anterior cruciate.

OH NO! (cont'd)

My life has undergone a great change, with crutches and no driving privileges. However there is always skiing next year and I can hardly wait for the possibility of cycling, kayaking, and enjoying the outdoors once more.

I hope that some of this information can help top up your knowledge of outdoor survival. The personal experience of this accident has added immeasurably to mine. Like my mother used to say "experience is the best teacher".

And a final message from my heart.

We all have to constantly remember that nature plays by its own rules. We are guests in the great outdoors and we have to fit into those rules, understand them, and never let down our guard about safety. Safe mountain trips will always require good skiing or hiking techniques, a well conditioned body, a well appointed pack and good survival gear. Group dynamics being operant will, however, complete the safety aspect.

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TRIP DIRECTOR'S REPORT

by Ron Hunter

With the end of the ski season in sight, I think we can say that conditions for the winter were generally very good ... I'll take lots of snow in the mountains and little in the city anytime! The conditions have reflected in the comparable trip statistics since Oct.1.

	hikes	downhill	snowshoe	x-c ski	Total
1998-99	34	3	3	40	80
1997-98	37	0	1	35	73

Person days were 928 compared to 718 last year, probably reflecting this year's good conditions enticing more on each trip.

Twenty-one different coordinators have taken out trips since October 1. Of special note are **Gert Noer**, **Bob St. John** and **Garry Denman**, who organized transceiver search practice days so others could have the opportunity to enhance/relearn their skills. Also, **Dawn Jones** led a number of novice-type trips for the enthusiastic beginner skiers, while **Marianne Wolters** provided a "bondage" evening where she passed on some of the leg splinting techniques she has picked up from her Ski Patrol training.

As well, four coordinators (**Richard Powley**, **Dave Mulligan**, **Ron Mason** & **Michael Slaney**) were among the seven members who took an Avalanche Awareness course

However it has not been all smooth sailing, since we have had five accidents since January 1:

- a concussion in Confederation Park on a TL2 ski
- torn knee ligaments on the Watridge Lake hill on a TL3 ski.
- a sprained ankle at Sawmill on a TL4 ski
- a fall on Prairie Mountain on a TL3 hike
- a dislocated knee at Skogan Pass on a TL3 ski

Fortunately there were enough other members along to give some assistance and seek help. Through luck, most instances were close to the parking lot and those injured had relatively easy terrain to get back, mostly under their own power. Dawn Jones, however, had to be left alone for a while and after one person was able to return to her there was a long cold wait for a rescue skidoo. The lesson learnt from these various mishaps is that everybody has to go prepared since an accident can happen even on 'lower level' trips.

A "BULLHEADED" LADY

by John Schleinich

One cold Sunday morning in January, when the trip up Scogan Pass was cancelled and my car wouldn't start, I hitched a ride with Guss and Theresa out to Pocaterra. Two great outdoor people. At the information centre the thermometer registered minus twenty five degrees. I knew skiing would be fantastic. Excellent snow, no problems with wax and very few skiers on the trail. I was right, well almost.

My two car partners were seriously training for the upcoming cookie race to take place in February. I knew I would never see them until the end of our day. And again I was right. Well who cares, I was happy.

Slowly I started, waiting for my joints to warm up and my muscles to defrost. It was going well, what a glorious morning. Turning a corner just before the Lynx Trail intersection, I ran into a magnificent animal: a lady Moose. She stood in my tracks, without giving a hoot about the damage she was doing to the new splendid work the ranger did on the trail, only last Friday.

She stood silently, observing me, probably wondering why I was staring at her. Well, I figured this to be an excellent opportunity for me to see a Moose from close range, and since she wasn't shy I figured I could get even closer. Slowly I advanced, being careful not to frighten her so she wouldn't run into the bushes at the side of the road.

She didn't move. How lucky for me. Little by little the distance between us narrowed. Any time now I expected her to make that little initial jump before taking off - but no, not her. Without any warning she suddenly lowered her head and started to charge me. What a surprise. It always is when the unexpected happens. It is difficult on skies to turn around and run back, even more difficult to ski backwards.

What to do? I was scared and she was coming closer. Instinctively in self-defence I raised my ski-poles pointing them towards her and making myself bigger. Simultaneously, I yelled as loud as I could: Go AWAY!!! She kept coming. Now she was very close, maybe 20 feet. Fortunately, she stopped in time to prevent from me having an unpleasant accident. She stopped, but she wouldn't go away. Being the smarter one of the two, I gave in. Slowly I

turned and cleared the camp. As I turned the corner the apparent danger disappeared and so did my smartness. Where should I go? I came to ski and that is what I will do.

Back I went and the same scenario unfolded again as if it was a repeat movie performance, except me knowing my part a little better. Skiing back for the second time to the same spot I waited a bit longer hoping she would eventually leave. After about five or ten minutes as I was getting really cold I decided to try my fortune once more, but instead of yelling I would be nice to her. I will talk to her in a friendly tone and perhaps she will understand.

There she was. Same spot, except this time chewing on some branches pointing her rear end into the trail. I cursed, but in a friendly way and very softly. Slowly I started to ski closer as far to the left of her as possible. I was very scared, and in retrospect probably a bit stupid. If she would have decided to attack, there wasn't even enough room between us for me to raise my poles.

But she was busy eating, or perhaps my gentle talking fooled her. I snuck by, with her rear end almost touching my face. That indicated the size of her and how much respect she had for me.

Later I heard from others that the rangers have put a green collar around a Moose's neck marking her for some sort of observation. "My" lady had no such collar. She was probably a newcomer and didn't know the rules.

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COORDINATING FROM CANMORE

by Doug Campbell

THE SCALES OF JUST ICE OR ANY KIND OF SNOW

Sonnet by Roger Woodgate

Living in Canmore poses problems when it comes to calling trips as I'm never at the Calgary departure point to say Hi, inspect the troops and arrange carpooling. I've appreciated occasions when others have stood in for these duties but it imposes a commitment or favour I'd prefer to avoid asking.

So, Ramblers, I'll deny you that great leap of faith so many have taken in the past, in turning up in the hope of finding a ride and travelling 100km before locating a coordinator swilling coffee prior to signing up for a hike which may not be their cup of tea!

Instead, hotline announcements will be limited to identifying the day, destination, trail level and my phone number. For a \$.25 phone call, just leave name, phone number and whether a ride is needed. I will call back with trip info when I have a good idea of how many members are interested in the trip, and can sort out carpooling options. Sign up at trip meeting place.

To wax or not to wax, that is the question;
Those fish-scale skis, or should I stick with wax?
I weigh the pros and cons and heed suggestions;
discern which are the myths and which the facts.

Those fish-scale skis are noisy and so slow;
It's sometimes hard to keep a goodly pace.
My well-selected wax just lets me go;
I rank among the best in any race.

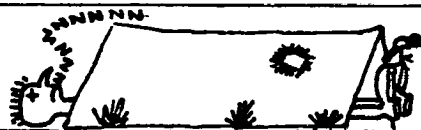
But often wax won't grip, I just can't climb;
Or conversely it glues me to the track.
But scales work any weather, any time;
No more lost control or sliding back.

On balance, scraping, waxing simply pales.
I'm off to get a pair of waxless scales.

ASSINIBOINE BACKPACK

5 days *
Sept. 4-8, 1999

Coordinator: Ken Park



Starting from Sunshine Village, the trail will cross Sunshine Meadows and over Quartz Hill Ridge, past Howard Douglas Lake to the summit of Citadel Pass. A steep 390 m. descent takes us to the bottom of Golden Valley near the headwaters of Simpson River (last chance for water for 13 km), then we hike along this valley in a large natural amphitheatre and into the "valley of the rocks". Og Lake marks the valley's end where the trail veers south rounding the eastern flank of Nub Peak to reach Magog Lake and the towering Mt. Assiniboine. Rising 3618 m. above sea level (11,879 ft) it is the 7th highest peak in the Canadian Rockies and is known as the Canadian Materhorn.

The morning of Day 3 is the planned arrival at the Mt. Assiniboine camp, just in time to snag a campsite as the "long-weekenders" leave. The rest of the day, plus all of the next should provide some superb day hikes. Day 5 will be a long hike out (see below) to the south end of Spray Lake (Watridge Lake parking lot). The trip will be capped off with dinner & brewskis at the Grizzly Paw in Canmore.



Registration: First come - first served.
Costs: Gas, Banff Park admission, back-country camping fee, dinner.

* The trip may be extended one day if we take 2 days for the hike out. (camping at Marvel Lake or Bryant Creek shelter area).

SAFETY POLICIES SURVEY

The Safety Committee would like to have the opinion of all club members on two policies: the Avalanche Policy and the Minimum Participants Policy. The process includes this brief outline of proposals, a Wednesday forum to answer questions, and a response form in this Packrat for you to fill out. A Survey Committee will summarize the responses, to be presented to the Coordinators Council and printed in the next Packrat. The Coordinators Council has the mandate to determine Safety Policies and is not necessarily bound by response results.

CAREFUL CONSIDERATION

Safety Policies should seek a benchmark that is high enough to reasonably ensure incidents do not turn into disasters, yet are not so high as to impede the activities of the club. Careful thought and consideration for all club members should be taken when making your choices. Rules and regulations are repugnant to some and change is difficult for many, yet supporters of these policies hope that a culture develops in the club wherein these basic measures become second nature. If the proposals outlined below are not clear to you please attend a Question and Answer Forum on Wednesday, April 28, or talk to a member of the Safety Committee.

AVALANCHE SAFETY POLICY

Avalanche safety is best served by avoiding avalanche terrain. Therefore all proposals retain the Non-Avalanche Green Terrain for those who wish to avoid avalanche hazards. If a trip does encounter Avalanche Terrain then participants can reduce their risk of being caught in a slide by safe route finding, by avalanche terrain analysis, by snow stability evaluation techniques, by awareness of changing conditions and by good group management. ***This attitude and awareness are by far the most important factors in avalanche safety and should be your highest priority in the backcountry no matter what policy is in place.***

Travel in avalanche terrain always carries some risk, and even experts get caught through poor judgement or plain bad luck. How prepared a group is to respond to an avalanche incident is a major concern of the following proposals. According to the Canadian Avalanche Association the best, if not only, chance a buried person has for survival is for rescue by other members of the group. An avalanche transceiver search is the most effective method of locating a buried victim. Probes and shovels are essential to then rapidly uncover the victim who would soon die of asphyxiation.

There are two issues which need to be decided:

Issue 1: The degree to which the RMRA recommends or requires avalanche rescue gear.

Issue 2: The parameters the RMRA should use to best describe Avalanche Terrain.

AVALANCHE SAFETY POLICY - ISSUE 1: Rescue Gear Requirements

Four proposals are presented that should represent most members preferences. All proposals give the minimum requirements. Coordinators always retain the right to increase the requirements for their own trips.

The current Executive would not support Proposals #1 and #2 for reasons of personal liability. However the wishes of the club majority will ultimately decide policies and next year's Executive would have to feel comfortable with the policies employed.

The following are terms common to the proposals:

'rescue gear' = Avalanche transceivers, shovels and probes. Familiarity with their use is implied.

'CAA standard' = The Canadian Avalanche Association and ski industry standard for rescue gear is to carry it at all times while in avalanche terrain. This is the standard by which our policy will be measured if we have another avalanche incident that gets public attention.

'decision' = Some table cells give a decision to follow (i.e. REQUIRED).

'advice' = Some table cells give advice (i.e. recommended). Coordinators must then make the decision to require or to not require rescue gear on their trips.

'ok' = Advice of no special requirements. A poor term that may be changed. Leaving the cell blank may be more appropriate.

'recommended' = Advice that rescue gear should be taken.

'REQUIRED' = A decision that rescue gear must be taken.

'NO Trip' = A decision that the trip does not go - an alternate trip could be taken.

'Green, Yellow, Orange, Red Terrain' = See Issue 2.

Proposal #1: No Policy

Up to the winter of 1995 the club did not have a policy. Coordinators decided if their trips required rescue gear or not. For comparison with other proposals the following table would reflect a No Policy:

Regional Avalanche Danger	Non-Avalanche Green Terrain	Yellow Terrain	Avalanche Terrain Orange Terrain	Red Terrain
Low	ok	ok	ok	ok
Moderate	ok	ok	ok	ok
Considerable	ok	ok	ok	ok
High	ok	ok	ok	ok
Extreme	ok	ok	ok	ok

Pros: Simple. Maximum flexibility.

Cons: Attitudes and awareness vary greatly amongst Coordinators and members. This would be a major step away from the CAA standard.

Proposal #2: CASC Policy

After an avalanche death in 1995 a loose affiliation of clubs with backcountry ski programs was formed (CASC). CASC developed an avalanche policy that has been used by the Ramblers from the fall of 1995 to January of 1999. Details of the table have been adjusted over time and an extensive list of pre-rated trips (by terrain color) has been developed in conjunction with this table:

Regional Avalanche Danger	Non-Avalanche Green Terrain	Yellow Terrain	Avalanche Terrain Orange Terrain	Red Terrain
Low	ok	ok	ok	REQUIRED
Moderate	ok	ok	ok	REQUIRED
Considerable	ok	ok	REQUIRED	REQUIRED
High	ok	REQUIRED	NO Trip	NO Trip
Extreme	ok	NO Trip	NO Trip	NO Trip

Pros: Relatively simple task for a Coordinator to reach a decision. Forces consideration of Avalanche Danger and Terrain.

Cons: The 'ok's for Yellow and Orange Terrain do not meet the CAA standard.

Proposal #3: RMRA Revised Policy

In January, 1999 a letter from James Vickers of the U of C Outdoor Pursuits Program with the backing of people respected in the ski industry pointed to deficiencies in the CASC Policy. The Executive changed the 'ok's for Yellow and Orange Terrain to 'recommended' (see the February - March 1999 Packrat for details).

Regional Avalanche Danger	Non-Avalanche Green Terrain	Yellow Terrain	Avalanche Terrain Orange Terrain	Red Terrain
Low	ok	recommended	recommended	REQUIRED
Moderate	ok	recommended	recommended	REQUIRED
Considerable	ok	recommended	REQUIRED	REQUIRED
High	ok	REQUIRED	NO Trip	NO Trip
Extreme	ok	NO Trip	NO Trip	NO Trip

Pros: Closer adherence to the CAA standard. Retains flexibility for some trips.

Cons: Some Coordinators may feel uncomfortable deciding not to require rescue gear when the advice is that rescue gear be taken. Some members would ski with other clubs or go on private trips.

Proposal #4: CAA Standard Policy

The following table would reflect the Canadian Avalanche Association standard of always carrying rescue gear while in avalanche terrain:

Regional Avalanche Danger	Non-Avalanche Green Terrain	Yellow Terrain	Avalanche Terrain Orange Terrain	Red Terrain
Low	ok	REQUIRED	REQUIRED	REQUIRED
Moderate	ok	REQUIRED	REQUIRED	REQUIRED
Considerable	ok	REQUIRED	REQUIRED	REQUIRED
High	ok	REQUIRED	NO Trip	NO Trip
Extreme	ok	NO Trip	NO Trip	NO Trip

Pros: Simple. Removes decision making from the Coordinator. Conforms to the CAA standard.

Cons: Some members would have to purchase or rent rescue gear and become familiar with its use. Some members would ski with other clubs or go on private trips.

AVALANCHE SAFETY POLICY - ISSUE 2: Terrain Descriptors

This issue relates to classifying terrain with respect to avalanche potential. The table used for illustrative purposes is the current RMRA Revised Policy (Issue 1: Proposal #3) and is an *example only*.

Proposal #1: CASC Terrain Descriptors

Yellow Terrain: may contain avalanche runout zones.

Orange Terrain: may contain avalanche track and runout zones.

Red Terrain: may contain avalanche starting, track and runout zones.

This system is the one the RMRA and CASC currently use. Trips are pre-rated according to terrain color by a consensus of CASC club members.

Regional Avalanche Danger	Non-Avalanche Green Terrain	Yellow Terrain	Avalanche Terrain Orange Terrain	Red Terrain
Low	ok	recommended	recommended	REQUIRED
Moderate	ok	recommended	recommended	REQUIRED
Considerable	ok	recommended	REQUIRED	REQUIRED
High	ok	REQUIRED	NO Trip	NO Trip
Extreme	ok	NO Trip	NO Trip	NO Trip

Pros: Familiar to many members in CASC clubs. Gives participants an indication of terrain to expect.

Cons: Means nothing to people outside of CASC. Avalanche Terrain is often too complex to pre-rate with a simple system (i.e. there can be small starting zones [Red Terrain] on trips currently rated Yellow or Orange). Orange Terrain is often difficult to judge and is now often used to denote more serious Yellow Terrain or less hazardous Red Terrain. Ratings for trips seldom skied are educated guesses at best. Ratings for some popular trips (i.e. Skoki) are hotly debated with emphasis more on the issue of taking rescue gear than on the actual terrain.

Proposal #2: Treeline Descriptors

Treeline: For this discussion treeline is the upper edge of the dense forest. If you can ski easily between the trees then you are most likely at or above treeline.

Below Treeline: The snowpack is generally more stable in dense forests. Naturally triggered avalanches running down distinct tracks and runouts are a major concern.

Above Treeline: Wind action above treeline builds slabs that are often less stable than the surrounding snowpack and can be difficult to recognize. Human triggered slab avalanches are a major concern (89% of accident avalanches occur above treeline).

Avalanche Terrain below treeline most resembles CASC Yellow Terrain. Avalanche Terrain above treeline most resembles CASC Red Terrain. Therefore the corresponding rescue gear requirements have been used.

Regional Avalanche Danger	Non-Avalanche Green Terrain	Avalanche Terrain	
		Below Treeline	Above Treeline
Low	ok	recommended	REQUIRED
Moderate	ok	recommended	REQUIRED
Considerable	ok	recommended	REQUIRED
High	ok	REQUIRED	NO Trip
Extreme	ok	NO Trip	NO Trip

Pros: The terms Below Treeline and Above Treeline are familiar and widely used. CAA Avalanche Bulletins broadcast the Avalanche Danger levels for below and above treeline. Many people instinctively feel that it is safer below treeline, and CAA statistics show they are right. Treeline is also a feature relatively easy to judge in the field.

Cons: Participants will have to realize that Avalanche Terrain both below and above treeline may contain starting zones, tracks and runouts. This is actually another Pro as it forces a more heads-up approach to avalanche awareness.

MINIMUM PARTICIPANTS POLICY

Club members have in the past and will continue in the future to suffer serious illness and accidents. The victim may require an external rescue. The main purpose of this policy is to ensure that there are enough adult participants to adequately respond to an incident by attending to the victim and by initiating a rescue.

A victim of a serious illness or accident should never be left alone. Shock is always present and can lead to death if not attended to. Heat production is significantly lower making the victim subject to cold injuries, specifically hypothermia. A mildly hypothermic immobilized victim is in serious trouble and will need all the resources available in the field to stay alive. A victim of advanced hypothermia is extremely difficult to treat.

The difficulty rating of the trip is not as important as is the match of the participants' abilities to the trip. Accidents often happen when people are tired or near the upper limits of their abilities. Proximity to civilization is not a guarantee of help passing by or that passers-by will necessarily offer reliable help, especially city dwellers.

A concern with having a Minimum Participant Policy is that trips not meeting the minimum are not club trips and would not be reported at Wednesday meetings. Information on trail conditions, hazards or interesting experiences would be lost to the general membership. A significant number of 'non-trips' may present a negative image of our club to new members and to visitors at our meetings. Some Coordinators may rightly feel disappointed that their efforts to conduct a safe trip have been ignored.

The following assumes one victim, which is almost always the case. There is a possibility of two or more victims of one incident or of consecutive incidents, but the probabilities get progressively minute. The minimum number of people able to respond to an incident is a major concern, but other factors are important: the match of the participants to the rigors of the trip, group management, and proper planning.

MINIMUM PARTICIPANTS POLICY (cont'd)

Coordinators will always have the right to have a minimum for their trips higher than the policy requires. It would be their judgement on what they feel is a safe number for their trip. For example, glacier travel is often safer with 2 rope teams, each with 3 or 4 members.

The following are some Pros and Cons for various minimums:

Minimum of 1:

This is the NO MINIMUM Policy.

Pros: Every trip would be a club trip.

Cons: No Choice. If you become a victim you will have to rely on others who know where you went to come looking for you. They will probably not get concerned until late in the evening and you will most likely spend the night out alone. If you did not tell others of your plans, or deviated from those plans, then the situation goes from bad to worse.

Minimum of 2:

Pros: There is someone to provide primary first aid and initial secondary treatment for the victim.

Cons: The well person has a choice of two options, both of which have perils. Option #1 is to stay with and attend to the victim and wait for others to find you. Option #2 is to leave the victim alone and go for help. Option 2 may leave an immobile victim in serious condition who may need both someone in attendance and a quick evacuation: a difficult situation.

Minimum of 3:

Pros: A Reasonable Choice for many trips. There are two well people: one to stay with and attend to the victim, and the other to go for help.

Cons: The person going for help goes alone. If that person becomes lost or injured then everyone is in the situation of waiting for outside help to come on their own. The Coordinator should be satisfied that the participants are matched well for the rigors of the trip. Most RMRA members are fit enough and confident enough to go for help alone from destinations such as Blueberry Hill or Prairie Mountain.

Minimum of 4:

Pros: A Good Choice for most trips. There are three well people: one to stay with and attend to the victim, and two to go for help. No one is left alone. This is a better situation than the Minimum of 3 where one person goes for help alone. Textbooks recommend two fit and well-provisioned people go for help; and many clubs have adopted the Minimum of 4 policy.

Cons: Reasonable care must still be taken to ensure participants are well matched to the rigors of the trip. Two inexperienced people going for help may have less luck with injuries or route finding than one experienced person.

Minimum of 5 or more:

Pros: Better Choices with more people of varying abilities, fitness, and preparedness to choose from.

Cons: The RMRA would probably suffocate from safety. Coordinators can always demand a higher minimum for their trips than the policy requires.

There are three proposals to consider:

Proposal #1: No Policy

Simple. Every trip would be a club trip.

Proposal #2: Single Minimum For All Trips

Simple. Trips not meeting the minimum may go as private trips, or not go at all.

Proposal #3: Trip Dependent Minimums

More complex. Minimums would be determined by the trip difficulty rating (1 to 10) and/or the trip category (TS, TL, OT, SC, MN). The Coordinator could have alternative trips if the planned trip did not get the required minimum. A ***simple example*** would be:

Minimum of 3 for trips of difficulty rating 3 or less.

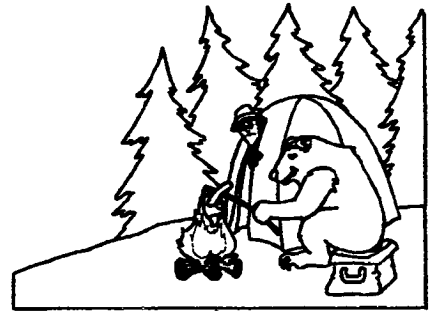
Minimum of 4 for trips of difficulty rating 4 or more.

ALBERTA GRIZZLY BEAR NOTICE

submitted by K. Berg

In light of the rising frequency of human/grizzly bear conflicts, the Alberta Department of Fish and Wildlife is advising hikers, hunters, fishermen or anyone enjoying wilderness areas to take extra precautions and keep alert for bears while in the field.

The use of small, noisy bells attached to clothing is advisable so as not to startle bears that can't see your approach. Also advisable for the outdoorsmen is to carry a good quality pepper spray in case encounter with a bear is unavoidable.



It is also wise to be watchful for fresh signs of bear activity. Outdoorsmen should recognize the difference between black bear and grizzly bear feces. Black bear feces are smaller and predominantly contain berries and vegetable material. Grizzly bear feces has little bells in it and smells like pepper!

-- DUMB PREDICTIONS --

Famous Quotations by "The Experts"



"Computers in the future may weigh no more than 1.5 tons."

— *Popular Mechanics*, 1949

"I think there is a world market for maybe five computers."

— Thomas Watson, chairman of IBM, 1943

"This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us."

— Western Union internal memo, 1876
(after Alexander Graham Bell offered to sell them the rights to the telephone).

"640K ought to be enough for anybody."

— Bill Gates, 1981

Submitted by **KEN PARK**

RECIPE CORNER

Here is something easy and quick to prepare for the trail or backpack.

NUTTY CANDY BAR

Corn syrup	1 cup
Granulated sugar	½ cup
Smooth peanut butter	1 cup
Vanilla	1 tsp
Corn flakes cereal	2 cups
Crisp rice cereal	2 cups
Salted peanuts	1 cup

TOPPING

Semisweet choco chips	2 cups
Butter or hard margarine	¼ cup

Heat corn syrup and sugar in large saucepan. Stir to dissolve sugar.

Stir in peanut butter and vanilla.

Add both cereals and peanuts. Stir well. Press into greased 9 x 13 inch pan. Cool.

Topping: Melt chocolate chips and butter in saucepan over low heat, stirring often. Spread over top. Let stand to harden. Cuts into 48 squares.

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## ENJOYING GOOD HEALTH

*submitted by Jean Amatt*

Seventy year old George went for his annual physical. All of his tests came back with normal results. Dr. Smith said, "George, everything looks great physically. How are you doing mentally and emotionally? Are you at peace with yourself, and do you have a good relationship with your God?"

George replied, "God and me are tight. He knows I have poor eyesight, so he's fixed it so that when I get up in the middle of the night to go to the bathroom (poof!) the light goes on when I pee, and then (poof!) the light goes off when I'm done."

"Wow," commented Dr. Smith, "that's incredible!"

A little later in the day Dr. Smith called George's wife. "Thelma," he said, "George is just fine. Physically he's great. But I had to call because I'm in awe of his relationship with God. It is true that he gets up during the night and (poof!) the light goes on in the bathroom, and then (poof!) the light goes off?"

Thelma exclaimed, "That old fool! He's peeing in the refrigerator."

## **THE ULTIMATE GEAR SWAP!**

### **15<sup>th</sup> Annual New & Used Outdoor Recreation Equipment Sale**

**May 1, 1999 Time: 1 - 3 p.m.**

**Stu Peppard Arena 5300 - 19 St. S.W.**

**Consignment:  
April 30 7-9 p.m.  
May 1 9-11 a.m.**

**Free Admission**

**Presented by your**

**Calgary Area Outdoor Council (CAOC)**

### **K-100 - Calling all Volunteers**

At 6:00 a.m. **June 19, 1999**, a shot will ring out, bouncing off the mountain peaks, marking the start of the **13<sup>th</sup> Annual Kananaskis 100 Mile Relay Race**. Over 4,000 participants and spectators, 300 volunteers and 25 businesses will converge on K-Country, united in a shared commitment to fitness, competition, the environment and the spirit of community.

Have you Volunteered anywhere interesting lately? If you answered "no" , please call Paul Marlett, Race Director at 283-5551.

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### **WATERTON HOSTEL NOW OPEN**

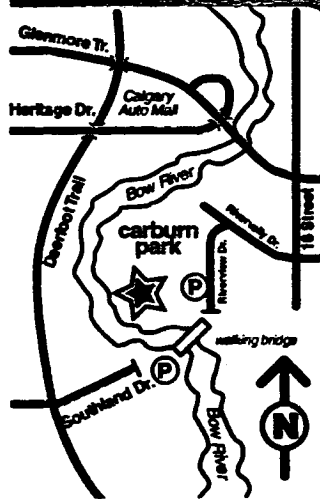
The brand new Hostel in Waterton is open for business and wishes to make your stay in the area as pleasant and affordable as possible. Should you be in the Waterton area for bicycling, canoeing, or hiking drop by to visit this new 22-bed facility with private washrooms, a recreation and spa centre and shuttle bus service. Members pay \$19.55 per person per night and non-members pay \$23.55 per person per night. Make your reservations by calling 1-888-985-6343.

Western Canada's Largest BOAT DEMO

# Paddlefest 99

Saturday May 1st

9:30am - 4pm / Carburn Park



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Join us for a day of paddling on the bow river. This is the one chance each year we get to demo all 72 different models of canoes, touring kayaks and white water kayaks in one spot. Representatives from all major boat suppliers will be on hand to answer your questions. And the staff from Rocky Mountain Paddling Centre will be on the river to give you paddling tips.