



# The Packrat



February / March 2001



*Skiing in the Valhalla, BC*

## INSIDE THIS ISSUE

- 2** President's Message
- 2** Tips for the Care & Feeding of Co-ordinators
- 3** Calendar of Events
- 3** Highlights – Executive Meeting January 8, 2001
- 4** Waiver Comments
- 5** A Cross Country Ski Quiz
- 6** High Mountains & Friendly People of Northern Pakistan
- 8** Test Your Knowledge of Avalanche Terrain Safety!
- 9** Friends of Kananaskis Trail Care Group
- 9** Website Members' Area Now Available
- 10** A Slow Start
- 11** Hiking and Scrambling in the Allgäuer Alps Introduction
- 12** RMRA Executive Committee 2000 / 2001
- 12** RMRA Phone Information Line

## Editor's Note

In this issue, you will find some excellent tips to take care of our co-ordinators. You will also find some good comments on our new waiver and two quiz to test your knowledge. I have also included some interesting statistics and don't miss Wally's report about his fascinating trip to Northern Pakistan.

If you have access to e-mail, you should have received the electronic copies of this and the 1<sup>st</sup> issue of The Packrat. If you haven't received them and want to, please send me your e-mail address and I will add your name to my e-mailing list.

Please remember that this newsletter is yours and the more articles you submit, the more interesting it will be.❖

## President's Message

*By D. Reimer*

January 1, 2001 was such a wonderfully warm day and it began, for me and a few other Ramblers, with a stroll through the Calgary Zoo. Such a day that the lions didn't even need the warmth from their special 'hot rocks'. A delightful way to start a brand new year and, as the pundits now assure us, a new millennium.

The highlight for December was, of course, the Christmas pot luck. Huge thanks go to the Social Committee who not only provided perfect decorations and delicious drinks but also donated all their expenses so that every loonie collected at the door could be turned over to the Food Bank along with the non-perishable foodstuffs you brought. Keith provided soft background music with his hammered-dulcimer while the crowd munched on their dinners and deserts. Frank, as usual, did his sterling job of preparing coffee for the thirsty.

It's exciting to see all the membership renewals. I'm told there are over 120 already, including at least a dozen brand new people. To those 'newies', welcome, and I know you'll get to enjoy some good outings.

I'm sure you are all relieved that the Guest issue is sorted out. To be a guest, one will be sponsored by a Member who will go with them on the outing. No limit on the number of trips a guest can take but there is a time limit – 14 consecutive days and no more than once a year.

Hardy souls have been skiing since the beginning of December and there has been good snow. But with no decent base, backcountry trips are iffy and places like Elk Pass get more than enough traffic.

The recent tragedy to a lone skier on Cascade Fire Road reminds us all, again, to travel in-groups rather than alone. The big cats have always been around us – tracks are often the only evidence. Once, as I skied alone in the middle of 2 groups (all Ramblers) on the Wolf Creek trail, I followed lynx tracks. The pawprints lay directly over the ski tracks of the front group who were only minutes ahead of me. But no one saw the animal.

On the social scene, Carl has arranged entertaining slide shows for several meetings and Barbara is at

work on a Valentine's potluck. The website is approaching completion and soon the 'Construction' signs will come down.

To you all, Happy 2001 and mind that ice underfoot. See you on the trails.❖

## Tips for the Care & Feeding of Co-ordinators

*By D. Reimer*

In this, the Year of the Volunteer, I thought it would be good to offer a few DOs and DON'Ts to help in the nurturing of those volunteers who co-ordinate the activities that make our Club the success it is. So here goes.

1. DO tell the co-ordinators, IN ADVANCE if possible, if you plan on joining their trips. It makes planning a good trip much easier.
2. DO phone the co-ordinator if you've signed up but find you can't make it.
3. DO listen to trailhead information – carefully.
4. DON'T leave the group during an activity without getting the agreement of the co-ordinator.
5. DO explain if you have a medical condition they should be aware of.
6. DON'T hesitate to ask questions and share your knowledge.
7. DO be aware of your surroundings and the others in the group. It helps the co-ordinator to have more than one pair of eyes keeping track.
8. DON'T 'go along' with any decision that you believe you cannot accept. If you know you're too terrified to climb that peak, then DON'T do it, even if everyone else is "gung ho".
9. DO make suggestions to co-ordinators of trips you've been longing to do but nobody has yet called. They love to get your ideas.
10. DO give them a hug (well, maybe just a few words) at the end of the day to say 'Thanks for doing this for me'.❖

## CALENDAR OF EVENTS

### DESSERT POTLUCK

FEBRUARY 14, 2001 @ 7:00 P.M.

The next social event will be on Valentine's Day at the Rosemont Community Hall. This time we wanted to do something different! Please, bring a dessert, as this will be a "dessert – only" potluck. Coffee and tea will be served, so bring your own plate, cup and cutlery. Please, come and join us. The regular weekly meeting will follow the dessert potluck.

### FIRST AID FOR THE BACKCOUNTRY

APRIL 26 - 27 (EVENING) & 28 - 29 (ALL DAY), 2001 COST: \$120

Three day First Aid program tailored to the outdoor enthusiast. This course covers Standard First Aid and CPR, plus one full day of wilderness type scenarios. Several Ramblers took this course last year. Space is limited; please register early to avoid disappointment. For more information or to register call Danielle Tardif at 210-2501.

### STORM WARNING

FEBRUARY 18, 2001 @ 8:00 P.M.

There will be a re-enactment of Marianne's accident and rescue aired on Discovery Channel. The show is called Storm Warning and the re-enactment was done last May.

## Highlights – Executive Meeting January 8, 2001

*By D. Reimer*

### REPORTS FROM EXECUTIVE MEMBERS:

Treasurer – Club finances are healthy with the big money items of rent and Internet server fees paid for the coming year.

Membership reported 124 registered members (with about 12 new people) and another 15 late-2000 members who have yet to return signed forms.

Social reported a tiny profit (\$4) on the Annual Dinner/Dance, attended by 59 people (one free meal for a prize winner from 1999). A minimum of 60 is needed to have a buffet meal and on the cutoff date, 3 days before, only 50 had committed. The Christmas potluck was well attended. The committee members paid for the extras from their own pockets so that

everything collected went to the Food Bank.

The VP reported that the Avalanche Awareness course has 16 registrants (7 or 8 Ramblers). The Advanced course with 7 registrants won't be held because the instructor cancelled out. Dawn Jones' beginner ski clinic will be followed by several easy ski trips.

Packrat announced that the last mailout was 204 copies. A test e-mail run to about 70 members with e-mail was done with good response. The next issue will be sent electronically to all who agree and by mail or pickup to those who don't. Advertising rates will be reviewed and posted on the website.

### NEW BUSINESS:

The President asked that, in her absence at Wednesday's meetings, the chairing of the meeting rotate among Executive members to avoid the VP having to always step in and to give others an opportunity to take part. The VP will organize this if it's needed.

Discussion was held on the waiver, particularly the conditions for Guests and Minor children. Also covered was the website information on this. The Minor children issue still requires brief consultation with the lawyer.

Website discussion centered on security and how to handle access to the Members Only area. This should be sorted out within 2 to 3 weeks.

Suggestions for future courses & activities for Safety Topics were offered to the VP. These included First Aid, building Quinzies, and map & compass.

Social gave preliminary dates for future events.

The Secretary & Membership Director will buy a new Seal (required when registered under the Societies Act) to replace the one that went missing in action.

Next meeting March 27.❖

**Deadline for next Packrat is:  
March 14, 2001**

# Waiver Comments

By B. St. John

The Executive wishes to thank members who took the time to include comments with their recent membership applications. Overall their tone was very positive, and many specific suggestions as to wording or omissions will be incorporated in an update this spring. The following are some comments common to several submissions, and replies to them:

## Comments on the Outdoor Activities Guide:

### **- “It won’t prevent lawsuits in the event of negligence”**

A lawsuit is a considered course of action only if there is evidence of negligence. We shelled out over \$1500, and hundreds of hours of time, to minimise the chances of such a lawsuit being successful, and therefore not being considered. Canadian case precedence supports this strategy.

### **- “In my experience, no matter how many rules ‘things’ still happen”**

So very true. The Guide is really aimed at new members, or members new to an activity. If even for just some of them it raises their awareness of risk, then the Guide is a success.

## Comments on the Membership Application Form:

Several comments expressed concern that the club was relinquishing all responsibility for participants’ safety. For example, clause 4 “...co-ordinators of the Activities: .... (b) may not have any outdoor leadership or first aid training or experience...”. The basic premise of our club, and many other volunteer run clubs, is that participants are responsible for their own safety. If some members want a guided experience, then there are several good companies around where you can hire guides for \$300 / day. Our club does encourage *all members*, not just Co-ordinators, to elevate their outdoor knowledge and skills. The Outdoor Activity Guide is one example.

## Comments on the Procedure for Guests:

### **- “can the same guest attend hikes on several occasions - needs to be more specific”**

The guest procedure is now stabilised, and is detailed

on the current Membership Application form. The website will have a step-by-step procedure as well.

Briefly, any paid member of the club can sponsor a guest (or guests) over a period of 2 consecutive weeks wherein the guest, accompanied by their sponsor, can go on as many trips as they wish. There is no fee, but the guest can apply only once annually. The guest becomes a Guest Member of the RMRA, and needs to apply as any member would (i.e. read the Guide – online or sponsor’s copy, read and complete the Membership Application form). From the club’s viewpoint, the only difference between a guest and a regular member is the \$25 fee, and accordingly, needs to complete the same liability waiver paperwork. Guest Members can become regular members by simply paying the \$25 fee. Paid members can repeat this process as often as they wish for other guests.

Neither guest members nor regular members need show proof of membership when going on trips. They must sign the trip sheet statement that they have signed the Release of Liability, Waiver of All Possible Claims and Assumption of Risk. This honour system is part of the reason the club requires Co-ordinators to hand in their trip sheets to the Membership Director, who then has the ability to audit any reported abuse. Co-ordinators have the option of accepting Membership Applications, but check ahead with them before the trip day – they may not wish to.

### **- “couldn’t come on short notice”**

Correct. We do not want new members to come on short notice either. Short ‘quickie’ waivers that can be signed in a flash at the trailhead have proven useless in court. It is very easy for the injured party to demonstrate they did not know what they were signing, or they didn’t have time to understand what they were signing, or they felt ‘obligated’ to sign at the trailhead. For this reason we require applicants to take the Guide and Application form home to read and complete. No “quickies” thanks, we’re Ramblers!

## Other Comments

### **-“I hope we don’t have to go through this every year”**

Sorry, but every year members need to re-apply by completing the Application form. By then the process should be much more streamlined.❖

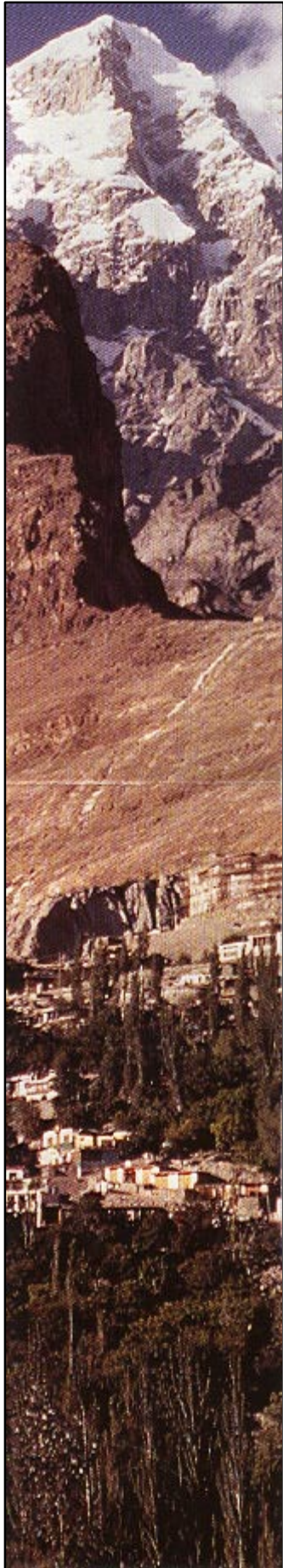


# A Cross Country Ski Quiz

The following is a brain teaser for skiers of all levels. Even if you've been skiing for decades or have done multi-day ski treks on glaciers or ski mountaineering there is always something to learn in Nordic skiing technique or theory. It is not only just walking on skis (the rambler shuffle) good technique can save you time, energy and pain. It can help you ski further, faster, higher and enjoy it more while doing so. Good luck on the quiz. Try it and win valuable prizes. Winners will be announced at the valentines' dessert potluck. To qualify, please submit this page with your check marks on it, at the meetings or call Ken for mailing details.

- 1) What is double poling?
  - A) Dragging two poles on one side to slow down.....
  - B) Using both poles at the same time for propulsion.....
  - C) Using two poles to get up after falling.....
  - D) A "consensual" act between two adults.....
- 2) What is diagonal stride?
  - A) The classic cross country ski stride.....
  - B) A racing technique.....
  - C) The diagonal method of going up hills ("switchbacking").....
  - D) A variation of the "Stride and Glide".....
- 3) Diagonal stride glide distance is maximised if:
  - A) you fully extend your arms.....
  - B) you use the right grip wax.....
  - C) ski tips and tails are "Glide waxed".....
  - D) you avoid hitting trees.....
- 4) What is the secret to actually gliding uphill?
  - A) Glide-wax your skis well.....
  - B) Full extension and complete weight transfer.....
  - C) Weight transfer with double pooling.....
  - D) Take a run at the hill.....
- 5) Does wax grip the snow or snow grip the wax?
  - A) Wax grips the snow.....
  - B) Snow grips the wax.....
  - C) Depends if it's wet snow or dry snow.....
  - D) Depends if it's fresh snow or old snow.....
- 6) It's OK for a skier to go "knock-kneed" when:
  - A) at the top of a steep hill.....
  - B) going down a steep hill.....
  - C) getting up from a fall on a steep hill.....
  - D) an avalanche is coming.....
- 7) What is weight transfer?
  - A) Leaning forward as far as possible.....
  - B) Putting all your weight on your gliding ski.....
  - C) Bending forward at the waist.....
  - D) Letting someone else carry your lunch.....
- 8) To avoid a sore back from skiing:
  - A) ski slower.....
  - B) bend at the waist then ski erect.....
  - C) use variety of ski techniques.....
  - D) stay home.....
- 9) On ski poles the difference between a Nordic grip and an Alpine grip is:
  - A) an Alpine grip is for back country skiing.....
  - B) a Nordic grip permits better technique.....
  - C) an Alpine grip is more comfortable.....
  - D) a mystery.....
- 10) It's best to wax your skis for grip when:
  - A) you are at home.....
  - B) you are at the trailhead.....
  - C) after you've skied for a while.....
  - D) you have base-waxed at the trail head.....

**Editor's Note:** Ken is the former owner and ski director of the Alberta Nordic Ski School. He has CANSI (Canadian Association of Nordic Ski Instructors) level II certification and his National Coach Certification in both theory and practical. He claims he hasn't found a skier yet whose technique he cannot help improve. Now there's a challenge, Ramblers! And his Nordic tour / ski improvement trips are FREE. ❖



## High Mountains & Friendly People of Northern Pakistan

*By W. Drew*

It was worth the approximately 30 hour trip each way via Vancouver & London to Islamabad to enjoy the world's 3 highest mountain ranges, friendly hospitality, beautiful weather & brilliant fall colors of northern Pakistan in later October & early November. This was my first trip with Imaginative Traveler, a British adventure travel co. specializing in S. Asia. Our group met in Islamabad, the planned capital of Pakistan. There were just 4 clients; 2 of us from Calgary & 2 from the London area of England. The other 3 were women. Our English leader, who loves Pakistan and is fluent in the languages, was a man also from the London area. Our Hunza Guide & Pakistani bus driver were also men. All the others were much younger being 24-40 years old. We had a little Toyota bus. I'd never met the Calgary woman before. She & I were the most fit ones in the group, except for the Hunza Guide.

From Islamabad we went west to Peshawar where we spent too much time for the women to shop in the big crowded bazaar and I got a haircut plus massage for 90¢ Cdn/60¢ U.S. Pakistan is one place where our weak Canadian \$ still goes far. Their rupee is only 3¢ Cdn/2¢ U.S.

From Peshawar we went west to 3500'/1070m Khyber Pass where we stopped awhile to look on west into Afghanistan and then have tea. Pakistan is a non-alcoholic country. No problem for me. On the way back we stopped at Smugglers Village where smuggled goods including rifles can be bought cheaply. I only bought water, which I had to do every day. Smuggling & drugs are participated in quite openly and the Pakistani men love their rifles. There are armed guards in hotels, banks, etc. That's what you hear about Pakistan. What you don't hear about is the very friendly people who really practice the Islamic code of hospitality to visitors. They like to shake your hand, have their picture taken or invite you in for chai-sweet milk tea. We even felt safe walking the streets of Islamabad at night.

After driving up through Swat Valley we went on up to stay 2 nights in the foothills village of Miandam. That gave us a day for our first hike. We hiked up through farms and stopped at a men's shelter to have dai (curd), chai & cookies with them before continuing on up through forest to have our lunches in pasture on top of a 7700'/2350m ridge offering fine views to the mountains. We had chai with local herders in their summer hut before going down a different route. It was clear all day with deep blue sky as it was every day in October. Temperatures were comfortable though a little hot down on the Indus Plain, where the cities were, where the pollution nearly obscured the sky. We had some clouds during our last 5 days in November but still no precipitation. November & October are the driest months.

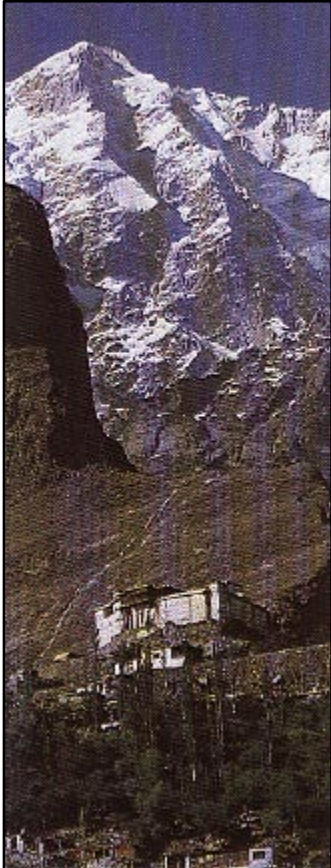
Going over a pass got us to the Karakoram Highway which goes up the immense canyons of the Indus & Hunza Rivers. It took us north to the main part of our trip where the world's 3 highest mountain ranges meet: Himalayas, Karakoram & Hindu Kush. We stopped at the actual meeting point, the confluence of the 2 rivers. Before that we had a view up to Nanga Parbat, el. 8126m/26,660' from 1160m/3800' giving nearly 7000m/23,000' of relief, supposed to be the greatest visible from any point on earth.

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Karimabad was the nicest village we stayed in. From the mountainside location at the foot of unclimbed Ultar, 7388m/24,240', we had views of it and Rakaposhi 7788m/25550' over the gorgeous fall colors of the Hunza Valley. The apricot & poplar trees had brilliant orange, red & yellow leaves. They were at prime color all the last week of October. Above the irrigation ditches, which brought water down from the glaciers, the slopes were bare & rocky up to the glistening white snow & ice, as this is arid country. At 5AM we got into jeeps to take us up to Eagles Nest, el. 9500'/2900m to see the sunrise hit the high peaks of the 3 highest mountain ranges. It is called Duiker View Point. Then down after breakfast to old Duikar Fort on a ship-shaped rock promontory a sheer 300m/1000' above the Hunza River. From the top of the fort we could see the activities of the people on the flat roofs of their mud houses. After fruit & chai in the fort's apricot orchard we walked up to Karimabad. The apricots were all picked & gone but I bought some dried ones.

I had time for walks through the beautiful colors around Karimabad too, and up to the famous Baltit Fort. From Karimabad we drove up the Karakoram Highway to



4734m/15,550' Kunjerab Pass on the China border. It's the world's highest paved highway pass. I use the term "paved" loosely, as it's rather rough & broken with short gravel stretches where landslides have taken it out. Even in the dry season we had short delays while they cleared slides.

Most of the traffic on the KKH is big trucks. It's a squeeze to get by them but they are very accommodating. The Pakistani ones are brightly & colorfully painted; the Chinese ones, plain. We parked at the Pakistani gate. Both,

it & the Chinese one were open with trucks going through. The actual border & summit is halfway between the 2 gates & guard stations. We walked over the top and to the Chinese gate. 3 of us ran part way just to test our lungs. There was some snow beside but not on the road. We didn't see any one in the Chinese tower to tell us not to, so we walked a little ways down into Xijiang & back. A little below Kunjerab Pass we stopped to watch 18 Ibex. We were in Kunjerab National Park.

After lunch in the bus we drove back down to the upper Hunza Valley to the isolated Pasu Tourist Hotel, the base for our first Hunza day hike, el. 8300'/2530m. The so-called hotels in the Hunza are mostly basic motels with restaurant. Even with night temperatures dropping to around freezing there was never any heat. My rooms were as cool as 7°C/45°F. Sometimes hot water, sometimes warm, sometimes only cold. Toilets could be a slot in the floor or a modern bowl but sometimes without seat or lid. Toilet, basin & shower were all in one little cement-floored room, with no curtain to keep the rest of the room dry when showering. Electricity was on most of the time. Tourism isn't very developed yet. That's fine by me - more genuine experience. Food in Pakistan was interesting but not as varied as in other countries. It tended to be moderately spiced but too salty & not enough veggies. Lots of chicken, mutton & dahl. And rice of course. Meals are huge. I forgot to mention that in some of the rooms the pillows were so hard that we put them aside and used our clothes instead.

Our first Hunza hike was from Pasu village. With young guide & leader, pace was fairly fast short bursts with frequent long rests rather than slower steadier pace. We did both on trail & off trail often over rocky ground. The price we paid for nice dry weather was some hiking through deep dust. We had great views down on heavily serrated Pasu Glacier & up to high peaks from our breaks on the moraine. Then we had lunch on 10,200'/3100m Yunz Pass with close view of 56km/35mi. long Batura Glacier & towering peaks beyond. It's supposed to be the 5th longest non-polar glacier in the world. Continuing our circuit we met 2 wrinkled old ladies at their stone summer huts and went in for chai. In the strong sun & dry air they wrinkle heavily prematurely but are fit & healthy into very old

*continued on page 8*



# Test Your Knowledge of Avalanche Terrain Safety!

- 1) **90% to 95% of all avalanches occur on slopes between:**
  - a) 35 – 55 degrees
  - b) 25 – 50 degrees
  - c) 0 – 90 degrees
  - d) 30 – 45 degrees
- 2) **What type of snow is prone to avalanches at lower slope angles?**
  - a) dry
  - b) hard
  - c) soft
  - d) windslab
  - e) wet
- 3) **Avalanches are more likely to initiate on or near:**
  - a) concave features
  - b) convex features
  - c) sections of uniform slope angle
  - d) equally likely on any profile
- 4) **Which aspect is most likely to develop persistent weaknesses and remain potentially hazardous in winter?**
  - a) northerly
  - b) southerly
  - c) neither
  - d) both
- 5) **Which types of slopes are more likely to be hazardous in spring, and at what time of day?**
  - a) south slopes, daytime
  - b) south slopes, night time
  - c) south slopes, anytime
  - d) north slopes, daytime
  - e) north slopes, night time
  - f) north slopes, anytime
- 6) **Which of these types of slopes are generally more hazardous, and what indicates them?**
  - a) leeward, trees
  - b) windward, cornices
  - c) windward, hard packed surfaces
  - d) leeward, cornices
  - e) windward, trees
  - f) leeward, hard packed surfaces
- 7) **A flag tree is:**
  - a) deadwood at the bottom of a slope
  - b) a tree with a flag on it
  - c) a tree battered by past avalanches
  - d) a species of alpine tree
- 8) **Which of these is not a terrain trap?**
  - a) steep-sided, narrow gully
  - b) a cliff band
  - c) a crevasse
  - d) short, steep slope above a body of water
  - e) flat run-out below avalanche track
- 9) **Route Selection begins:**
  - a) when approaching the first non-flat terrain
  - b) climbing up
  - c) skiing down
  - d) at the trailhead
  - e) at home
- 10) **To ascend or descend an avalanche slope:**
  - a) use the centre
  - b) criss cross
  - c) use the edge
  - d) you don't, go home

Answers can be found on page 10 of this issue.  
(This test is from "The Monthly Mountain", Calgary Mountain Equipment Co-op's members' newsletter, issue #56, January 2001.)❖

*continued from page 7*

age. It's a less strict brand of Islam up in the Hunza. The women don't cover their faces and are just as friendly as the men. These 2 hiked down to our hotel with us chatting & laughing all the way. Down on the populated plains most women wear the purda and you see only their eyes.

Having chai & cookies in a house in a little village on another hike we met our Guide's 98-year-old grandmother. On one other hike, we walked most of the way between 2 lodgings with our bus at either end. We crossed the Hunza River on swinging rope, cable & plank footbridges. On our last hike we hiked across the debris covered lower part of the Gulkin Glacier. I'm sorry that space doesn't permit me to tell more about our hikes & fascinating Pakistan.❖



# Friends of Kananaskis Trail Care Group

2000 Summary of Volunteer Numbers and Maintenance Hours

ORGANIZATION	May	June	July	Aug	Sept	People	Total Hrs
Alpine Club of Canada	10					10	65
Bragg Creek Enviro Coalition		2				2	12
Bohemians MTB Club		1	1		3	5	30.5
Calgary Area Outdoor Council	3					3	19.5
Calgary MTB Alliance	1		1	3	1	6	38.5
Calgary Orienteering Club				1		1	7
Cal Outdoor Rec Enthusiasts				5		5	32.5
Calgary Regional Trail Riders		8				8	49.5
Calgary Snowmobile Club		31				31	203.5
Calgary Weekend Hikers	4		3		1	8	30
Esso Annuits Hiking Club	5	5	5	8	5	28	181
Elbow Valley Cycling Club		4	3	2	3	12	64
Friends of Yamnuska		13			8	21	89
Hostel Outdoor Group			4	1	1	6	25.5
Husky Oil					15	15	90
Individuals	10	12	13	15	7	57	350.5
Over Engineered MTB Club					1	1	6
Rocky Mountain Ramblers	8			3	5	16	104
Rocky Mtn Cadet Camp				37		37	203.5
Scouts Canada		7				7	42
Seniors Outdoor Club	4		2	5	8	19	115.5
Virtual Cycling Club	5	4	11		5	25	160
<b>TOTAL VOLUNTEERS</b>	<b>50</b>	<b>87</b>	<b>43</b>	<b>80</b>	<b>63</b>	<b>323</b>	
<b>TOTAL HOURS</b>	<b>318</b>	<b>529.5</b>	<b>221</b>	<b>494.5</b>	<b>332.5</b>		<b>1919</b>

## Website Members' Area Now Available

The Web Committee is pleased to announce that the Members' Area of the Ramblers website is now available.

The Ramblers website is located at: <http://www.ramblers.ab.ca>

When you go to the Members' Area, you will be asked for a Username and Password. Your Username is your name (first name, space, last name) as it is listed on the Members List. If you use an initial instead of your first name, your Username is your first initial, a space, and your last name, without a period after your first name.

For example, John Doe would log on as John Doe.

F. Smith would log on as F Smith.

Your initial password is your 7-digit telephone number. For example, if your phone number were 555-1212, you would use 5551212 as your password. As soon as you log on for the first time, you will be asked to change your password, so you will not have to worry about someone else using your account.

The Members' Area includes a calendar of events, showing trips that have been called, program nights, social events and courses. It also includes the Trip Lists for winter and summer trips, so you can look up a trip by number or name. ❖

## A Slow Start

By B. St. John

The following table summarises trip activity from October 1<sup>st</sup> to December 31<sup>st</sup> 2000 with comparative figures from 1999.

		Oct – Dec 2000		Oct – Dec 1999	
		# Trips	# Pers-days	# Trips	# Pers-days
<b>HIKING</b>	Trail	24	265	22	253
	Off-Trail	8	77	21	229
	Scrambling	1	8	1	13
	<b>Total Hiking</b>	<b>33</b>	<b>350</b>	<b>44</b>	<b>495</b>
<b>SKIING</b>	Track-Set	3	24	2	12
	Trail	-	-	3	12
	Off-Trail	3	19	3	22
	Downhill	-	-	1	7
	<b>Total Skiing</b>	<b>6</b>	<b>43</b>	<b>9</b>	<b>53</b>
<b>Official Trips</b>		<b>39</b>	<b>393</b>	<b>53</b>	<b>548</b>
<b>Cancelled Trips</b>		13	-	5	-
<b>Grand Total</b>		<b>52</b>	<b>393</b>	<b>58</b>	<b>548</b>

The figures speak for themselves: the number of official trips is down 26% from 53 to 39 while participation fell 28% from 548 to 393. However, when cancelled trips are considered (trips that did not get the minimum of 3 participants), trips offered were down only 10% from 58 to 52.

Some probable reasons for the decline in activity are:

- cold weather in November curtailed hiking;
- poor snow conditions curtailed skiing; and
- uncertainty or misgivings about the new waiver.

**A note to Co-ordinators:** The following motion was passed at last spring's Co-ordinators' Council Meeting:

"Co-ordinators shall be required to offer a minimum of 3 trips per year to maintain their Co-ordinator status, unless the fall Co-ordinators' Council Meeting is presented with extenuating circumstances."

This requirement becomes effective this fiscal year. The Council hopes that this will inspire all current Co-ordinators to become active and make at least a minimum contribution to the club. ❖

### Answers to: "Test Your Knowledge of Avalanche Terrain Safety!"

1. d) 30 – 45 degrees
2. e) wet
3. b) convex features
4. a) northerly
5. a) south slopes, daytime
6. d) leeward, cornices
7. c) a tree battered by past avalanches
8. e) flat run-out below avalanche track
9. e) at home
10. c) use the edge

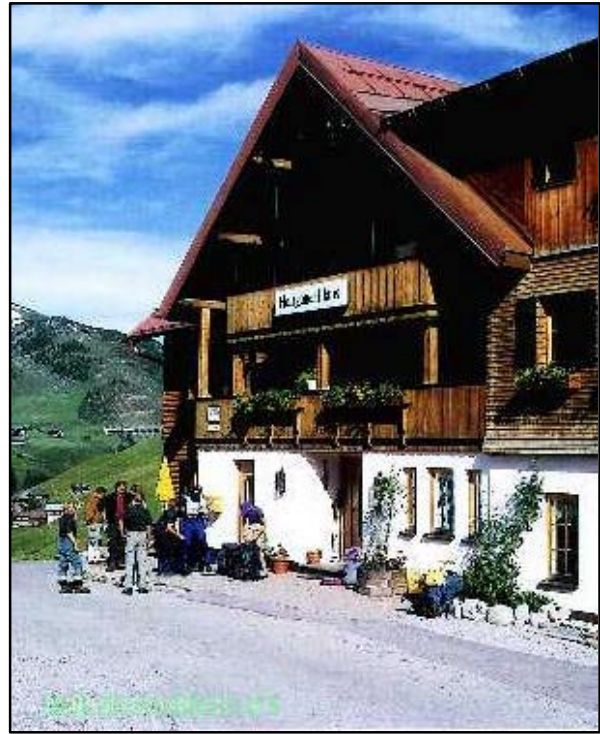
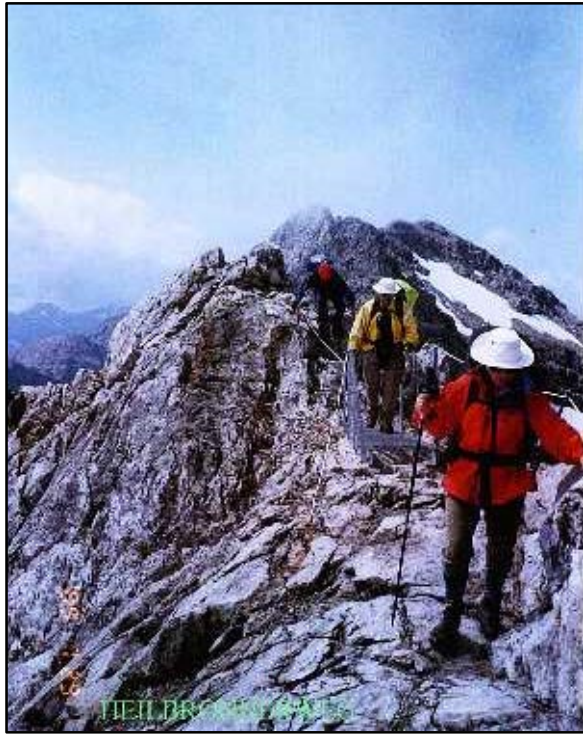
### Monday Evening Slide Shows

U of C, Kinesiology B-132. Starts at 7:00 P.M.

#### FREE ADMISSION

Feb. 12 North Caribou Ski Traverse  
Presenter: Rob Vickers & Kevin Dube

Feb. 19 Sailing in the Gulf Islands  
Presenter: Chris Thody



## **Hiking and Scrambling in the Allgäuer Alps Introduction**

**Sunday July 1st to Sunday July 15th, 2001**

**Trip Managers: Helmut and Gisele Microys**

**Box 52, Site 13, RR4 Calgary, AB, Canada, T2M 4L4; tel. (403) 241-0717; fax (403) 241-0796;  
e-mail [microys@tcel.com](mailto:microys@tcel.com).**

**4 to 6 Participants**

**CAD 2100.00**

This is a trip for the mountain connoisseur: great scenery, a light pack, cozy places to stay, with good food and drink. It starts and ends at Oberstdorf in the heart of the Allgäuer Alps, which are located along the Austrian/German border east of Lake Constance. The mountains of this range are of moderate height (no glaciers), offer numerous trails and a conveniently located hut system. The highest peak is the Großer Krottenkopf at 2657 m and the huts are generally located at an elevation of 2000 m. Many of the peaks can be reached by trails or relatively easy scrambles but there is some rugged terrain and exposure on the way. Weather permitting, it is possible to ascend 17 peaks in the course of this trip.

The first and last days would be spent in one of the best hotels of the town. Comfortable mountain huts of the German or Austrian Alpine Clubs offer shelter the rest of the time with the exception of two nights on the way, where the group can enjoy the comforts of an inn.

Travel will be with relatively light packs. Meals will be taken at the huts and for the longer days a packed lunch will be provided. Besides personal gear, only a climbing harness (for possible belaying on steep snow) and a sleeping bag liner - it is called a "hut sleeping bag" and is a requirement on all huts - have to be carried.

The time of the year chosen for this outing offers an abundance of wild flowers. Wildlife can be observed every day. The additional advantage is that the holiday season does not start until the middle of July. Except for weekends, the huts are, therefore, not crowded.

The cost covers all expenses except airfare, alcoholic beverages and soft drinks (breakfast drinks, water for tea and drinking water, where it has to be purchased, are covered). It includes transportation for bus and cable cars as well as taxi from Zürich airport to Oberstdorf and return, all meals, all stays at hotel, inns and huts. It also includes membership in the Austrian Alpine Club, rescue insurance as well as emergency transportation back to Canada. A physician will accompany the group.



## RMRA Executive Committee 2000 / 2001

President	Dorothy-Ann Reimer
Vice President	Danielle Tardif
Trips Director	Bob St. John
Treasurer	Ron Hunter
Membership	Joyce
Secretary	D Mulligan
Social Director	Barbara Fischer
Programs Director	Carl Potter
Newsletter Editor	Denis Longu�p�e

Please send all e-mails related to The Packrat to: [packrat@cadvision.com](mailto:packrat@cadvision.com)

If we have your e-mail address, you will automatically receive an electronic copy of The Packrat in PDF format.

If you cannot view the PDF files, you can download the Acrobat Reader for free from Adobe's website at:

[www.adobe.com](http://www.adobe.com) Click on 

The Packrat will also be available on the RMRA website at: [www.ramblers.ab.ca](http://www.ramblers.ab.ca)

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

**Meetings:** Every Wednesday evening at 7:30 P.M.  
Rosemont Community Hall, 2807 - 10 Street NW

**Mail:** Rocky Mountain Ramblers Association  
c/o Calgary Area Outdoor Council (CAOC)  
1111 Memorial Drive, NW  
Calgary, AB T2N 3E4

**Trip Info:** 282-6308 Information Line and at Meetings

### RMRA: Phone Information Line 282-6308

Initial greeting giving phone line menu:

Hello, you have reached the Rocky Mountain Ramblers Information line.  
At any time, press the number of the message box you want.  
For trips information press 6. For last minute trips, press 7. For information about the club, press 1 or stay on the line. For social events, press 3. For programs, press 4. For courses & general announcements, press 5.  
At any time, press zero to return to the main menu.