



The PackRat

Newsletter of the Rocky Mountain Ramblers Association

August/September 2004



Iceline Trail

PHOTO CREDIT KEITH WALKER

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The Packrat is published six times a year by the Rocky Mountain Ramblers Association. We welcome comments, articles, and ideas from our members and, if content is deemed suitable, will be used as space permits.

Email submissions to the newsletter editor at packrat@ramblers.ab.ca or forward contributions to RMRA, c/o Calgary Area Outdoor Council, 1111 Memorial Drive NW, Calgary, AB T2N 3E4.

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President Report...

By Ron Hunter

After a lot of planning it was gratifying to enjoy a successful 50th Anniversary Weekend. The weather cooperated splendidly both days and it looks like over 100 persons participated in each event. Hats off to Shirley and the Social Committee for the work in organizing the pancake breakfast and the same for Anita and the 50th Anniversary Committee for the pot luck at Opal day use area in Kananaskis. We had a good turnout of former members on Saturday and it was great fun to view some of the old slides from the era before polyester fleece... not to mention the tents without mosquito netting! On the Sunday we managed to get the Centennial Trail commemorative plaque reinstalled on Mount Allan, you may have seen the photos on the website. All the hikes were a success, there was only one close encounter with a bear. As usual, everyone ate well at the pot luck and a few strategically placed clouds kept it from being too hot. All in all, a fitting way to celebrate the anniversary. There are still some 50th anniversary t-shirts (mostly XLs) and prints by Glen Boles available to buy at the weekly meetings.

At the special meeting in mid-July the membership approved the purchase of a digital projector and associated peripherals. This will open up our pool of presenters to those who have switched to digital photos and where possible we will use the capabilities to enhance the regular meetings. For those interested

in giving photo shows, the slide show facility in the Photo Gallery on the website can be used to set up the sequence of photos that you would like to present.

The Annual General Meeting is not until mid-October, however if you have any motions to be considered at that time they should be submitted in advance. Bylaw change motions require specific advance notice to the membership. You can pass them along to me or the Secretary by mid-September for inclusion in the notice of meeting. While we are on AGM topics, give some thought to submitting your name to serve on the Executive. All positions are up for renewal every year and it can be quite fulfilling to help run the Ramblers. I'll be stepping down this year and I know one deterrent about the President's role for a lot of people is the thought of having to attend most Wednesday meetings. This does not have to be the case and we could follow the model that Allan and Diane have set up for Trips Director and Membership Director whereby a committee shares the weekly duties, i.e. shorter term Meeting Announcers to chair the weekly meeting. This allows the Executive to primarily focus their efforts on the Executive meetings. Give some thought to helping out in this regard, we will set up a nomination committee in September.

Enjoy the rest of the summer season!

JOHN SCHLEINICH - 1924-2004

The Rocky Mountain Ramblers has lost one of our most active and popular trip coordinators with John Schleinich succumbing to brain cancer in June.



John was a strong survivor having bounced back from twice being captured and tortured in World War II, falling off two mountains and undergoing angioplasty. At age 79 he still read without glasses and his hair was still black. But cancer doesn't give a strong man a chance.

John had a rich and varied life. A retired geophysicist, he had many other pursuits, both mental and physical, besides the mountains and Ramblers. He could converse in 5 or 6 languages.

In Ramblers he was best known as a very active coordinator, although he also served on the Executive. He led trips of all levels from easy trail hikes to difficult scrambles. He was an accomplished climber, having topped Mont Blanc among others.

His climax in Ramblers was during the year he turned 69 during which he took out 69 trips. John specialized in easier foothills hikes or XC trips that were much in demand by many members. He also attended the meetings faithfully rather than leaving it for someone else to announce his trips. He was also known for his very brief trip reports... "we went

up, we came down and had a good day".

In addition John was well known for his ability to hike or scramble in the mountains all day on only a handful of food.

Perhaps less known about

John in Ramblers was what an exceptionally kind, caring and charitable person he was. He had several foster children through SOS. When we traveled in Patagonia, Tierra del Fuego and Costa Rica he would leave folding money tips under his pillow for the maids because they didn't get paid much.

His own three children were the most important to him. John was an excellent father. This was brought out by the excellent and moving tribute to him at his funeral mass by his daughter, Mary Anne. She has now joined the Ramblers to follow in her dad's footsteps and will have a long way to go. His children and grandchildren will miss him even more than the rest of us Ramblers will.

Submitted by Wally Drew



CPAWS Garage Sale!

Announcing the first ever CPAWS Garage Sale! August 27, 28, 29 (Friday, Saturday, Sunday).

We're gathering the troops, and offering all of you the opportunity to clean out those overflowing closets and messy corners, and make a unique contribution to CPAWS!

Your discarded stuff can be dropped off in the Marda Loop area for a week before the sale, and we'll be open to sell treasures as follows:

Friday **4 pm - 8pm**
Sat. & Sun. **9 am - 4 pm**

Any useful unsold items will be passed onto a homeless support charity after the weekend.

We're also looking for a few people to roll up their sleeves and help with sorting, set-up and the actual sale. Please contact Tina Barzo, Volunteer Coordinator if you're available, even for a few hours.

To arrange for drop-off, please contact Ann Lemorande, email events@cpawscalgary.org or phone 277-8993.

Thanks Much!

*Ann Lemorande
Director, Special Events*

Social Committee Report...

By Shirley Tajcnar

Activities

Hiking, Backpacking,
Skiing, Cycling,
Climbing,
Scrambling,
Mountaineering, Education
& Awareness
Programs, Social
Functions

Meetings

Every Wednesday
evening at 7:30 p.m.

Mail

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

Trip Info

282-6308 Information Line
and at Meetings

Website

The Packrat is available on
the RMRA website at
www.ramblers.ab.ca. If we
have your email address,
you will be automatically
notified that an electronic
copy of the Packrat is on
the website.

About 136 Ramblers and ex-Ramblers attended the 50th Anniversary Stampede Breakfast. There was lots of lively visiting going on as volumes of pancakes, sausages, juice, fruit and coffee disappeared. The 'Memory Lane' slide show at the end of the morning was organized by Ron Hunter. Thank you, Ron, it was very popular and prompted more reminiscing.

Many thanks to the volunteers that helped out and made the morning possible: David Mulligan, Jim Paterson, David Harding, Del LaVallee, Dawn Jones, Marlene Lipol, Maria Nemethy, Ken Watson, Ilo Jorgerson, Tom and Marianne Flanagan, Dorothy-Ann Reimer and Colleen Taylor.

A special thank you is due to those that manned the hot griddles on such a warm morning: Barb Mitchell, Bill Tajcnar, Dorothy and Maurice Tyler, Jay and Frank Reed, Anne and Tony Moran and Peter Fischer.

Special thanks also to the crew that scurried back and forth keeping things flowing between the kitchen and the 'scene of operations and coping with the clean-up. Marietta Portigal and Brian Westcott, Carol and Ron Moore, Joyce Tombouljan, Marion Gajdostik, Jane Heward and Barb Fischer. There were a few glitches: mislaid plastic cutlery, and a coffee perculator that was reluctant to perform, but generally the morning went smoothly and it seemed a good time was had by all.

The next upcoming event will be the awards dinner and dance in October. In conjunction with this is the nominations in various categories. So, we ask you to be on the lookout for individuals that fall in those categories as indicated on the form in this newsletter.

CPAWS Photo Contest



"Capture the Wild"

by D. Reimer

Canadian Parks & Wilderness Society is again inviting photographers to enter their best nature photos in their annual contest. There are 7 categories from 'Alberta Wildlife' to 'International Nature' to Close-up details of nature.

Format of entries is slides or photographic prints. Digital images are also welcome but must be from the photographer's original work (not allowed to modify them first).

Entry fee is \$5 per image and deadline is Friday, September 10, 2004. Check out all the details on the CPAWS website at www.cpaWSCalgary.org or give them a call at (304)232-6686.

Awards Dinner and Dance Nomination Form

This form allows you to nominate members of the club in certain categories. Awards will be handed out to the winners of each category at the Club's Annual Awards Dinner and Dance on Friday, October 29, 2004. Please be thinking about these categories in the coming months. Nominations are not due until October 16.

Please complete nomination form and return to Shirley Tajcnar by October 15, 2004 or email social@ramblers.ab.ca

- A. Best or more creative hiking or skiing outfit (whose was it and describe outfit).**
- B. Most improved hiker or skier.**
- C. Most interesting thing someone said on a Ramblers trip (who said it and what they said).**
- D. Most interesting item found in a pack (whose was it and what was it).**
- E. Best joke told on a Ramblers trip (what was it and who said it).**
- F. Best gossip/humour (who said it and what was it).**
- G. Congeniality Award.**

PACKRAT ADVERTISING RATES

The Club offers advertising space in **PackRat** and the following rates apply:

Quarter Page	\$10
Half Page	\$20
Full Page	\$40

Payment **MUST** be received prior to publication.

Deadline
for next PackRat
September 29, 2004



Kananaskis Trail Users Group Update

by D. Reimer

WE'RE NOT ALONE...It seems that we Calgarians aren't the only ones concerned about inadequate funding for Alberta's Parks & Protected areas. On Canada Day, about 300 Sylvan Lake residents rallied to tell the Government that they do not want their Provincial Park turned over to the town to manage (privatized) and they don't want user fees.

One speaker insisted that, while a free provincial park might not be great for the Province's 'bottom line', "this Province is not just about dollars & cents, it is about people".

ACTION PLANNED...

Kananaskis Trail Users Assoc. (KTUA) continues its efforts to get an increase to K Country funding. It has applied to MLA Richard Magnus to make a presentation to the Calgary Caucus of MLAs to ask for increased sustainable funding. This is not an unreasonable request as K Country's operating budget has remained almost unchanged for the 4th year now.

PHOTOS NEEDED...KTUA will need pictures to help with the presentation and illustrate its concerns. If you have photos, of both the good and the bad, we'd like to use them. We'd like to show how the infrastructure (benches, picnic facilities, trails, campsites, etc.) has deteriorated plus some shots of good things to compare to. A good example at our potluck July 18 was that one of the only 2 picnic benches

at the Opal site was broken!

LETTERS...Don't forget - letters to your MLAs are great. Even better are Letters to the Editor so if you see a news item worth commenting on, write a response to the paper.

K-COUNTRY DRAFT MANAGEMENT PLANS...Hard to believe but the Evan Thomas Recreation Area plan (the process started early in 2001) is still not final though I understand it is in Minister Zwozdesky's office. The Peter Loughheed/Spray Valley Plan is even further away and can't be completed until Evan Thomas is done. So, if you didn't respond to either of these plans and wish you had, go ahead and sound off to the Minister. It's not too late.

Health Hazards

The Red Cross has compiled some important facts on Carcinogens that cause cancer, especially breast cancer.

Don't freeze your plastic water bottles with water as this also releases dioxins in the plastic.

Dr. Edward Fujimoto from Castle Hospital was on a TV program explaining this health hazard. He is the manager of the Wellness Program at the hospital.

He was talking about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body.

Dioxins are carcinogens and highly toxic to the cells of our bodies.

Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results without the dioxins.

So such things as TV dinners, weight watchers dinners, lean cuisine dinners, instant cup of noodles, and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. Just safer to use tempered glass, Corning Ware, etc.

He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

To add to this: saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food, so use paper towels instead.

*Dori Ross, Administrative
Secretary Division of Infectious Diseases
& Dr. Gerald Evans, Chief,
3013 - Etherington Hall Queen's
University Tel: (613) 533-6619*

Grandma's Wish

*If I were granted one wish,
I'll tell you what I'd do...
I'd wish my kids were small again
for just a month or two.
To hear their squeals of laughter
To watch'em while they play,
And when they ask me to join in,
I'd not say "Not today".*

*To hug again their chubby frame,
to kiss away their tears,
And cherished childhood innocence*

*That's washed away the years.
Then when it is story time again
I'd stay a little longer*

To answer questions and sing the songs,

So memories would be stronger.

But time is callous...yet God in his great wisdom

*Has given me another chance
before I join His kingdom.*

The face may not be just the same,

*The name is changed "tis true,
But yet the smile that radiates
reminds me so of you.*

*God must have known that
Grandma*

Would need a chance or two,

*For many little happy things she
hadn't time to do.*

*So God gave love to Grandmas
to equal that before,*

*That, in effect, embraces those
little lives she bore.*

