

# The PackRat

NEWSLETTER OF THE ROCKY MOUNTAIN RAMBLERS ASSOCIATION

JANUARY / FEBRUARY 2007



*Fungus*

PHOTO CREDIT: D. REIMER

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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.

E-mail submissions to the newsletter editor at [packrat@ramblers.ab.ca](mailto: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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## The TOBs in Allegany, New York

By D. Reimer

**O**n August 20, 2006, I joined the Mountain Wanderers, a group of women **a.k.a. The Tough Old Birds** (all over 50), for a week of hiking in the southwest corner of upper New York state. Our base was a three-bedroom house (all "mod. cons." included) a few km from Great Valley, NY which lies about 65 km south of Buffalo.

What followed was a series of easy but delightful walks in the rolling hills and forests of the region coupled with some history and even a brief visit to a "house of gambling".

Allegany State Park was the destination for three of our five hikes. This park, one of the top U.S. campgrounds of 2004, was established in 1921 with 30,469 acres but lost 10,000 acres when the Kinzua dam was built to make a reservoir. Bounded by the Pennsylvania border to the south, it lies tucked below a major bend of the Allegany river. The river itself lies within the Allegany Indian Reservation, home to over 1,000 Seneca.

Salamanca, on Seneca lands, is the largest community in the area with an interesting history.

Created in the mid-1800s as a congressional village (these were tribal lands leased to non-tribal members), it eventually grew to be a large city (pop. 6,100). Today, the city is home to over 80% white but less than 15% Seneca people.

The Seneca themselves only formed as the Seneca Nation of Indians in 1848 when they abolished their former Chief system. Like other Native groups, they have even opened their own casino where two of our gang

managed to lose \$20 each during a short visit.

Each of our days began with a blanket of misty fog but by 9:00 am the sun was the victor and gave us wonderful glimpses through the lush greenness along the trails. These trails wind among groves of tall leafy trees: Aspen, Oak, Maple. Underneath are the shrubs, the late flowers and a profusion of fungi.

The Beehunter was our first trek (10.5 km, 300 m elev. gain). Here we passed scores of short Mayapple plants with their crabapple-like fruit suspended on spindly stems.

On our second day, we did two shorter trails. Bear Caves



PHOTO CREDIT: D. REIMER

*Morning Fog*

(6.5 km, 150 m.) took us up among some giant boulders. After lunch we followed the Three Sisters trail (4 km, 125 m). First encounter was a fresh pile of bear scat barely 200 m from the trailhead. While there are many black bears in the Park, this was the closest we came to any contact.

Day 3 saw us tackling XC ski trails, sans skis, in the Art Roscoe Ski area. We did over 20 km but about 250 m elevation on really wide tracks; I'd love to ski these.



PHOTO CREDIT: D. REIMER

*Beehunter Trail*

The highest point, 724 m, on these trails is marked by a fire tower, built in 1926 and abandoned in 1971. The top platform is blocked but we all climbed the 100 steps to check out the views.

Day 4 was the most interesting despite the showers that halted us at lunchtime. Outside the Park, we struck out on a section of two overlapping trails. One was the Finger Lakes trail, an east/west route that touches the south ends of the Finger Lakes to the east. The other is

the North Country trail, a 7400 km trail stretching from eastern NY state to Lake Sakakawea State Park in N. Dakota.

This trail passes through Little Rock City, a maze of huge blocky rocks left behind by post-glaciation erosion. The rocks themselves were formed 400 MYA as conglomerates. As more and more sediment accumulated and hardened over the conglomerates, tiny fissures formed in the conglomerates. These upper beds eroded and the water and ice of the glaciers

(20,000 years ago) worked their magic, turning the fissures into cracks, into large gaps and finally leaving canyons 3 m deep.

Our final day was a meander through the criss-crossing trails among the many small downhill ski hills with the best views of the week.

And what does Allegany mean? The Seneca named it, *Beautiful Waters*, and I could add *Beautiful Park* to that – well worth our visit.

## Things We Can Learn from a Dog

1. Never pass up the opportunity to go for a joy ride.
2. Allow the experience of fresh air and the wind in your face to be pure ecstasy.
3. When loved ones come home, always run to greet them.
4. When it's your best interest, always practice obedience.
5. Let others know when they've invaded your territory.
6. Take naps and always stretch before rising.
7. Run, romp and play daily.
8. Eat with gusto and enthusiasm.
9. Be loyal.
10. Never pretend to be something you're not.
11. If what you want lies buried, dig until you find it.
12. When someone is having a bad day, be silent, sit close by and nuzzle them gently.
13. Delight in the simple joy of a long walk.
14. Thrive on attention and let people touch you.
15. Avoid biting when a simple growl will do.
16. On hot days, drink lots of water and lie under a shady tree.
17. No matter how often you are criticized, don't buy into the guilt thing and pout. Run right back and make friends.

*Author Unknown*

## Talking Turkey

### 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,  
Website, and at Meetings.

### Website

The Packrat is available on the  
RMRA website at  
[www.ramblers.ab.ca](http://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.

The turkey – like chocolate, corn and the potato – is a native of the New World. He was first found strutting around when Cortez invaded Mexico in 1519. The Aztecs' word for him was *guahalotl*, and they served him up with a sauce of *xocoalo*, or chocolate. The Spaniards didn't quite know what to make of him. He was big, walked pompously about with his tail-feathers spread in a fan. To the *conquistadores* he looked like an ugly peacock, and so they named him that – *a pavo*. Then, in order not to hurt the peacock's feelings, they promoted him to *pavo real*, or royal peacock.

By 1525, the turkey had arrived in Spain, where he was an enormous success. It wasn't long before the turkey found himself spread all over the Continent and, as it is a European habit to imagine that the bizarre, succulent and exotic must come out of the East, every country gave him an oriental name.

The French called the bird a *dinde* or *dindon*, meaning "from India" (*d'Inde*). The Germans, as always eager for a more precise classification, called it a *Kalekutisch Hun*, or a chicken from Calicut on the Malabar coast. Though the Germans

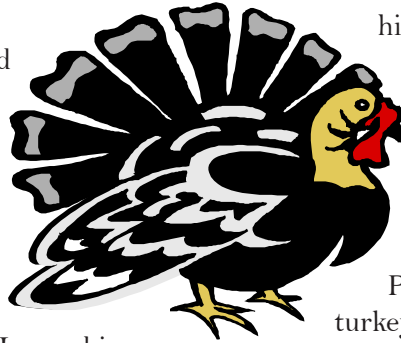
have since dropped this unwieldy mouthful, it has passed on into the Scandinavian languages as *kaldon*. The English as usual displayed an innate conservatism. They placed him East, but only halfway. Turkey they decided he must have come from, so *turkey* he was named.

By the time the Pilgrims landed, the turkey was old hat in England. So when they found him gobbling outside their homesteads, instead of taking the native name for him they unthinkingly perpetuated the error of geography and called him turkey.

*Source: Reader's Digest Dec 1969*

**“I believe that  
unarmed truth and  
unconditional love  
will have the final  
word in reality.”**

— MARTIN LUTHER KING, JR.





## THE APEIRON SOCIETY FOR THE PRACTICE OF PHILOSOPHY

This is the Society's 20<sup>th</sup> year of philosophical seminars and discussions. All who are interested in the practice of philosophy in everyday life are welcome.

This year's theme is: "Freedom and Identity"

### PROGRAM FOR THE WINTER OF 2007

January 30	Philip Hoffmann (Dean, Dept. of Humanities, DeVry Institute, President ASPP) - "What are we: Some notes on Biology and Identity".		
February 13	Mark Migotti (Professor of Philosophy, U of C) "Freedom and Meaning in Camus and Sartre".		
February 27	Ken de Long (Professor, Music History and Literature, U of C) "The Music of Dimitri Shostakovich: Freedom and Identity".		
March 13	Heather Jamniczky (Dept. of Biology, U of C) "The ape in the mirror: human and animal 'selves'".		
March 27	Jeremy Fantl (Professor of Philosophy, U of C) - TBA		
April 10	Panel Discussion - "Socratic Dialogue"		
April 24	Petra von Morstein (Professor Emerita U of C, Philosophical Counsellor) "Faces of autonomy in thought and action".		
Meetings	7:30 pm sharp, at the Scandinavian Centre, 739-20 Avenue NW		
Membership	Annual: \$30	1 Jan to 31 Aug: \$15	
Entrance Fee	Members & 1st Visits: \$3	Students & Seniors: \$5	Non-Members: \$7
Contacts & Info	www.ApeironSociety.org	Laszlo @ 252-7332	

### Seven Layer Bars

**Prep Time:** 10 minutes

**Servings:** 24 to 36 bars

- 1/2 cup (1 stick) butter or margarine
- 1 1/2 cups graham cracker crumbs
- 1 (14-oz.) can Sweetened Condensed Milk (NOT evaporated milk)
- 1 cup (6-oz.) butterscotch flavored chips
- 1 cup (6 oz.) semi-sweet chocolate chips

1 1/3 cups flaked coconut  
1 cup chopped nuts

Preheat oven to 350, (325 for glass dish). In 13x9-inch baking pan, melt butter in oven. Sprinkle crumbs over butter; pour Eagle Brand evenly on top of crumbs. Top with remaining ingredients in order listed; press down firmly with fork. Bake 25 mins. or until lightly browned. Cool. Chill if desired. Cut into bars. Store covered at room temperature.

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