

Parkland Cross Country Ski Club

# Snow Walkers Gazette

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NOV. 1, 2004

## Message from the President

Okay, okay, perhaps I got little too enthusiastic about the skiing season but what is with the snow? I've got yard work to finish, trees to water in, and besides I'm just not ready for winter, and snow shoveling. Anyway I've fixed the early winter situation. I've put on my snow tires so we're probably due for downright balmy weather for a couple of weeks now.



However, it can continue to snow in the mountains.

Thanks to Claude Sam and our great team of Tour Leaders, our ski trips are ready to go. Thanks, everybody. Now, unlike some of our club members, I've got to work at getting into some semblance of fitness...maybe I'll walk the dog twice around the block.

Great news! Barb Spencer is out of the big city and in Red Deer Hospital. I know she'll be working hard on rehab. That is one determined lady and we're all rooting for you, Barb.

Thanks to all the people who worked on cleaning up and preparing the Heritage Lake trails for skiing. I'm really sorry I put my winter tires on, guys, but you see, my mother-in-law was really getting on my case (don't ever buy your mother-in-law's car, it may look like a great price but oh, so many hidden costs) about it and well...

I know, enough, enough. See you at the next meeting!

### Inside this issue:

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Ski Work Part Report	2
Executive	2
Ski Club Courses	3
Day Tours	3
Peyto Hut Trip Report	4
Ski Shorts	6
Ski Trip Schedule (attached)	

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**Parkland Ski Club General Meeting**  
**Tuesday, Nov. 9, 2004**  
**Kerry Wood Nature Center**  
**"Ski Equipment Demonstrations"**



## Parkland Ski Club Executive for 2004-2005

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## Ski Trail Work Party

*“A jumper cable walks  
into a bar. The bartender  
says, “I’ll serve you but  
don’t start anything”*

*Prof. Lipstand*

The Parkland Slash and Burn Maximum Impact Club met again at Heritage Ranch to help Mark and Ruby Meunier get the ski trails ready for the upcoming season. It was cold enough to freeze the cojones off a brass weasel but still the turnout was great. In anticipation it had first rained then snowed making the trip down to the picnic shelter on foot or in vehicle a slippery challenge. Waiting for us in the lower picnic shelter was coffee and snacks courtesy of Brian and Carol—our social committee. Linda Cassidy, Dave Richmond., Pam.Ralston and I headed out with our manual weed whips to brush out the so called “berm loop” while Brian mowed a portion of the open field loop. Mark and Dale contemplated firing up the old chainsaw to remove a couple of new corral posts that Parks installed but reason got the better of them and they carefully dismantled it. Meanwhile the work party experienced a population explosion of Norwegian Elkhounds when Bob and Karen Vanderwater arrived with Pinball and Tiki to join Sai-yeh. They proceeded to pee on ever bush in Heritage Ranch to establish ownership. Bob and Karen used loppers to remove overhanging branches over the main trail to allow more snow to reach the ground. Meanwhile, work part organizer Bob Johnstone, Andy Lamb, and Dick Pawloff had just returned from having a few beers while all the rest of us worked. Actually their story was that they were doing some transplanting of poplar trees at the River Bend trails. But we know better. And somewhere in there was Lucienne Partridge who also helped out. I am hoping I am not forgetting anyone. A magnificent lunch of chili, buns, salad and goodies was waiting for us in the warmth of the picnic shelter. The trails are now ready for a good old snowfall

# Ski Club Courses & Tour Leader Course **Brian Davies**

Within the Ski Club we offer a series of courses the we refer to as **NAMS (non-assessment modules)**. Essentially these are training offered in-house to improve the level of knowledge in our ski club. They serve two purposes

1. General interest for out door enthusiasts, and
- 2, they serves as prerequisites for our **Tour Leading Program**.

For new readers, our TL program is one of the last few in Canada but at one time this program was a national supported program within Cross Country Canada. CCC subsequently dropped support and left the provincial organizations to manage this type of training. Cross Country Alberta no longer helps our club with the **TL program** so we run it on our own as members request. We still follow the syllabus and tailor it to our type of touring. All Tour Leaders with our Club have taken this training. These modules form part of the foundation for the TL program but are only part of what you will learn as a TL candidate, for the general membership the module enhance your back country enjoyment.

We will offer these modules again this winter as I have heard that some members are interested in a TL course. If you sign up for a course please try to attend as our instructors are volunteers and we have to rent space to do the teaching.. Courses generally cost \$5.00 to cover room rental cost

Courses the club has offered include:

- .Introduction to Mountain Skiing
- Telemarking Level I and II
- Mountain Weather
- Repair and Maintenance of Ski Equipment
- Map and Compass, Global Positioning System
- Crevasse Self Rescue
- Avalanche Transceiver Level I and II
- Emergency Snow Shelter, Winter Camping
- Standard First Aid.

## Day Tours

Pam Ralston, our new Day Trip and Lessons Chairman, has already organized a Day Trip schedule but is looking for more volunteer leaders and trips.

Call her at 342-2206

Dec 5, 2004	Heritage Park	leader Pam Ralston	call 342-2206
Dec 12, 2004	Crimson Lake	leader Don Wales	call 343-2937
Jan 16, 2005	Lacombe Golf Course	leader Barb Coulter	call 346-7096
Feb 6, 2005	Blackfoot Trails	leader Don Wales	call 346-7096
Feb 21, 2005	Innisfail Trails	leader Brian and Carol	call 227-4409
March 6, 2005	Spruce View Trails	leader Patrick Gleason	call 227-1164



*“ A sandwich walks into a bar. The bartender says, “Sorry we don’t serve food in here”*

*Prof. Lipstand*



## Peyto Hut Ski Trip by Claude and Nicole

The idea was to ski past **Bow Hut** to the **Peter Whyte Hut** and stay there for 3 nights so that we could check out the numerous peaks within easy reach of the hut.

The weather for the entire 4 days was just glorious. There was bright sunshine on all 4 days that we were on the ice so sunscreen and lip protection was the order of the day. We must be learning as no one got badly burned, not even a swollen lip.

The group consisted of the Sam family, Mike and Barb, Dave Rideout, Brian and Tophie Davies, Dave Carley and Karen Weisgerber.

We stayed **Thursday night** at the Mosquito Creek Hostel and next morning, we were well into the canyon before the sun hit us. We all used pulks which made it interesting for those who were stubborn in picking them up since there was open water in the canyon. We had an early lunch sitting out in the sun outside Bow Hut. Tophie even took his shirt off to sunbathe. Then it was off to Peter Whyte Hut. As we took a break near Mt. Thompson, Nicole, Brian, Mike, and the 2 Daves and Tophie decided to drop their pulks and make a side trip to bag **Mt. Thompson**. The rest of us went on to the Hut to claim the best bunks. There were 4 other people at the hut that night so it was a bit cosy. After some tea, Karen and Claude decided to go back out towards Mt. Thompson for another run while the remainder sunned themselves on the deck. Then came the usual eating contest between the 2 food groups which would continue for the next 2 nights.

**Saturday morning**, we decided to go for **Mt. Baker**. The wind was pretty strong on Baker/Trapper col and then all the way to the top. After a brief stop for pictures, it was a quick drop back to the col and lunch. Since the day was still young, the youngsters decided to head over to climb the north peak of **Mt. Rhonda** while Nicole, Claude and Barb did some telemarking on the way back to the hut. Conditions were just excellent and we went up and down several times before heading back to the hut. The remainder of the group were back at the hut around 6:30 and ready for supper.

**Sunday**, it was **Mt. Trapper's** turn. This one was a little trickier than Mt. Baker as we had to traverse steep slopes under cornices, cutting through and onto a cornice and then back tracking to an alternate route where we had to put our skis on our packs and kick steps up to a small col from where it was only a short distance to the top. We decided that we didn't want to go down via our up route, so it was skis on our packs again and then a ridge walk back towards Mt. Baker to a col from which we could ski down. This was one of the best telemark runs ever back down. The snow conditions were superb. Then as we passed **Mt. Peyto** on the way back to the hut, we decided to bag that one too. This is what getting up early gets you. The time you need to get two peaks in one day but you pay for it with your body. That uphill part to get to the hut sure wasn't fun. It was too steep and icy for wax, so some of us took our skis off and walked up rather than take the time to put the skins back on.

**Monday** was supposed to be an easy day as it was ski-back-to-the-parking-lot



Mike and Brian on  
Cirque Peak

*A man walks into a bar  
with a slab of asphalt  
under his arm and says"  
A beer please, and one for  
the road  
Prof. Lipstand*



time. But Mike was not to let me off too easily. He suggested going for the south peak of **Mt. Rhonda** on the way out. Since I wimped out on Mt. Thompson (the excuse was I had already done it before) and on the North peak of Rhonda, I had to do it. So Mike, Brian, Dave Rideout and Tophie and I headed over to south Rhonda while the rest of the party headed out. This peak looked closer than it was or maybe it was because I was kind of tired at this point of the trip. Again, good skiing on the way down from Rhonda.

So we made it. Or so we thought. En route to Bow Hut, Tophie in his youthful exuberance skies over a rise which hides rocks below. Unfortunately, he is air borne and can't change direction so he bounces off a huge rock. Luckily, it is his skis and boot that contact the rock. He hits with such force that the one ski which we found has a chunk missing out of it including the steel edge and lots of shredding on the rest of the ski. We never did find the other ski. Tophie stopped so suddenly that the bungee cord and safety line connecting him to the pulk snapped and the pulk continued down coming to a stop some distance away. Since Tophie has broken a metatarsal bone

in his left foot, Mike's tour leading first aid skills are ably demonstrated. As it is downhill (mostly) to Bow Hut, Mike decides we should try to get Tophie to Bow Hut. So after making sure that Tophie is wrapped up warmly and laid out on two pulks joined end to end, Mike takes off for Bow Hut to get help. We pile up all the loose gear into one place so we can pick it up later, but about this time 3 skiers from the Edmonton branch of the Alpine Club ski by and offer their help. So Brian and Dave take off with Tophie for Bow Hut, while the Alpine Club group and I redistribute all the loose gear into whatever space is available in our packs. Soon after I catch back up to Dave, Brian and Tophie, a helicopter is circling overhead. Mike had met a guide at the hut who had a radio so a helicopter was called. Tophie and his gear were quickly loaded into the helicopter and taken to the Banff hospital. It was only then that Brian who was carrying the rope goes "Do'h! I should have told the rangers that Tophie was carrying the rope." Then Mike arrives back from Bow Hut enabling us to repack and distribute our gear all over again for the rest of the way out. When we finally get to the hut, we take a break for some rehydration and food as it was late afternoon by this time but knowing the rest of the party would be wondering what had happened to us, we head down as quickly as we can. Fortunately the conditions were better than I expected and we get back to the parking lot without further mishap.

**This trip showed a lot of the good things about the Parkland XC Ski Club. We enjoyed the skiing, the kibitzing, the food and the camaraderie of spending 4 days together on the ice fields. It also demonstrated the tremendous skills and training of the tour leaders in responding to emergencies and to tourer's needs in general. I believe this was one of the most memorable trips of the past 20 years.**

*"Two peanuts walk into a bar. One was a salted"*

*Prof. Lipstand*

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COUNTRY SKI CLUB

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*The mission of the  
Parkland Ski Club is to  
think up other dumb  
missions opps! I mean to  
enjoy, enhance, facilitate,  
and promote cross country  
skiing.*

### Ski Shorts

- With apologies from the editor, Prof. Lipstand has flipped out and resorted to bar puns-the very very lowest form of humor
- If this newsletter gets to you before Sunday, Nov 7/2004 don't forget the Pine Tar and Paraffin Waxing Party at 4301-46 Ave at 2:00pm Bring your skis. Waxes and expertise provided followed by pizza fro those wishing to stay. Plan to ski in Barrett Park if there is snow.
- Not only is Dick the Web Master he is the curator of the Club History Books.



He is requesting **good** pictures from last years ski trips to update the albums. And is looking for pictures from all this years trips. If your pictures are digital please have them converted into 4x6 or 5x7 prints as Dick doesn't have the budget to print them.

- For the Web Page the digital images should be scanned or reduced to 96 dpi for web purposes although Dick can probably compress them. Include captions describing the participants with first name only and where the photo was taken. Check out the club albums at the next meeting.
- River Bend Notes: River Bend has abandoned their compulsory fee and season membership in favor of a voluntary donation box the receipts of which will go toward trail grooming costs.. This year there should be more fairway trails for those sunshine lovers, River Bend is expanding their clubhouse and the construction area around it will change the trail access point and cause a detour of the trail in front of the club house. The club house may not be available for the loppet this year. Report from Bob J
- Photos: Summit of Baker. ? Last spring, back page The crew at Peyto Hut

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