



❄ Next Meeting: January 10, 7:30 PM at Kerry Wood Nature Centre

Backcountry Christmas At Elk Lakes



The Moon rises over Elk Lakes Cabin as our hearty skiers patiently wait inside for Santa's arrival

Hello all,

I received the honor of writing the very first trip report for this year. We consisted of Steve, Kelly, Debbie, Jeff, John, David, Pat, Don, Marie and myself, Deb, and a surprise visitor to the hut Saturday evening. We all met at the Ribbon Creek hostel on Friday evening and had small visit before retiring for the night.

We woke about 7ish and from what I understand a wee bit late. All was good though with everyone being very efficient and ready to leave by about 8:30. When we got to staging area the wind was ferocious and I was really second guessing why I wanted to do this, but once we were in the trees and moving all was well. We met a group of girls on the path out who had stayed in the hut on Friday and told us they had nice but chilly evening.



We arrived intact at the hut in the early afternoon and had something to eat and some hot tea. Kelly and I chose to stay and keep the fire stoked and melt snow while the others skied to Elk Lake.

When they got back we had our appetizers and all said they were much too full to eat any supper. I must make note here of the homemade crackers that Pat served to us... so good. To go along there were a couple different kinds of cheese, spicy jam, crackers and ham sausage. We waited for a fashionably late supper and it was fabulous, turkey, mashed potatoes, dressing, coleslaw and two different kinds of cookies for dessert.

As we were relaxing with nice conversation, that's when our surprise visitor showed up... Santa! I'm thinking he must be just practicing for the big event and saw the smoke from our fire and decided to stop in.

See Elk Pg 4

Parkland Ski Club Executive 2011/2012

The activities and affairs of the Parkland XC Ski Club are managed by elected club volunteers, usually for a minimum term of two years. All club members are expected to take a turn at these leadership positions.

President: Vance Buchwald	403-346-3934	vbuchwald@shaw.ca
Vice President: Kelly Bogle	403-343-3882	rkbogle@telusplanet.net
Past President: Don Wales	403-343-2937	donmarie@telusplanet.net
Treasurer: Dick Pawloff	403-347-3658	dpawloff@telusplanet.net
Secretary: Barb Coulter	403-346-7096	barlou1@telus.net
Mountain Tour Director: Richard Townell	403-340-0050	rtownell@gmail.com
Day Tour Director: Linda Dickin	403-342-1913	ltdickin@shaw.ca
Publicity Director/Archives: Sandy Vrandenburgh	403-352-0864	wayuphigh@shaw.ca
Newsletter Director: Steve Bennett	403-227-3913	Steve@BentechAPS.com
Social Director: Debby Davies	403-782-0991	ddavies@wolfcreek.ab.ca
Red Deer Nordic Director: Alison Rittammer	403-347-7086	akrittammer@hotmail.com
Tracksetting Director: Don Wales	403-343-2937	donmarie@telusplanet.net
Website Guy: Brian Davies	403-227-4409	bcdavies@telusplanet.net

Contact Us

Web

www.parklandxcskiclub.org

Newsletter

Steve Bennett 403-227-3913

Steve@BentechAPS.com

This includes Trip Reports!!!

Mail

Parkland Cross Country Ski Club
Box 21014 BPO Bower Place
Red Deer, AB, T4N 5E7 Canada

Contact the Tour Leader to join a trip

Cost of a Trip

Cost per Weekend

Hostel or Hut Cost noted in Tour Schedule. This is typically \$54 for people that require a beacon, probe and a shovel.

\$8/weekend for safety equipment :

\$5 for an approved avalanche

beacon + \$2 for an approved snow

shovel + \$2 for avalanche probe.

Car Pooling

The passengers share car-pooling costs.

The driver's share consists of the use of his car and the driving.

Longer trips

Longer trips and those on the icefields cost more. Contact the Tour Leader for information.

Tour Leaders 2011/2012

Vance Buchwald	403-346-3934	vbuchwald@shaw.ca
Margo Coppus / George Coppus	403-281-3573	margo@coppus.ca
Brian Davies / Carol Lindner	403-227-4409	bcdavies@telusplanet.net
Debbie Davies	403-782-0991	ddavies@wolfcreek.ab.ca
Jeff Kirtzinger	403-396-9748	jkirtzinger@bjservices.ca
Jane Davies / Steve Davies	403-342-6473	stevejanedavies@gmail.com
John Duke / Jenni Duke	403-309-9380	dukezoo@shaw.ca
Pat Gleason	403-227-1164	patjak@telus.net
Steve Irwin / Sandy Vradenburgh	403-352-0864	wayuphigh@shaw.ca
Greg Olson	403 505 0751	olson2500@yahoo.com
Claude Sam	403-342-2069	nsam@telus.net
Mike Spencer	403-887-5859	ilovused@telus.net
Marilyn Strilchuk	403-347-8494	marilyn.strilchuk@shaw.ca
Richard Townell	403-340-0050	rtownell@gmail.com
Don Wales / Marie Willett	403-343-2937	donmarie@telusplanet.net
Frank Weber	403-346-2916	frankyogi@live.ca
Karen Weisgerber	403-887-4028	kweisgerber@wolfcreek.ab.ca

HELP NEEDED! Volunteers required to lead day tours in the local area and the mountains.

Please check your calendars and call Linda at 403-342-1913 so I can add your tour to the schedule.

2011/2012 Mountain Tour, Day Tour & Events Schedule

Contact the Tour Leader to sign up for a trip

Date	Day Trip / Tour	Accommodation	Tour Leader / Assistant	Max# of Tourers	Difficulty Level	Hut / Hostel Cost
Jan 6	Moonlight ski from Great Chief Park: (meet near picnic shelter) at 5:30 PM with a potluck chili supper to follow at about 7-7:30 pm, please confirm attendance if attending the supper by calling trip leader Linda Dickin 403-342-1913					
Jan 6,7	TL Refresher	Lake Louise	Brian Davies	9		\$79.67
Mon/Wed Jan 9, 11, 16, 18 at 4:30-6:00pm Mon/Wed Jan 9, 11, 16, 18 at 6:30-8:00pm	Adult Beginner/Intermediate Cross Country Ski Lessons Introduction to and/or refinement of basic cross country ski techniques. Also included is basic information on equipment, waxing techniques, clothing and where to ski in Red Deer. Participants must supply their own equipment. For more information call Linda Dickin 403-342-1913 or Don Wales 403-343-2937 or visit the Ski Club website at www.parklandxcskiclub.org .					
Jan 13,14	Peter Loughheed Fondue Tour	Ribbon Cr.	Marilyn Strilchuk Sandy Vradenburgh	20	Strong Beginner	\$38
Jan 14	Ski Spruceview Trails: Meet at 10:30 am at recreation center west side of parking lot to car pool. Leaders linda and John Dickin. Call 403-342-1913 for any further information.					
Jan 20,21	Hilda Fat Ski	Hilda Creek	Sandy Vradenburgh Steve Bennett	8	Strong Beginner	\$28.50
Jan 27,28	Pipstone	Lake Louise	Richard Townell Marilyn Strilchuk	20	Beginner	\$60.80
Feb 4	Bob Johnstone Loppet Red Deer					
Feb 3,4	Wilcox Pass	Rampart	Steve Davies Karen Weisgerber	15	Intermediate	\$38
Feb 10,11	TBA	Castle	TBA	12	TBA	\$38
Feb 17-19	Tonquin Valley	Athabasca Hostel & Tonquin Lodge	Margo Coppus George Coppus	12	Strong Intermediate	\$19
Feb 18-25	Blanket Glacier	Blanket Hut	Vance Buchwald Brian Davies	16		\$1040
Feb 24,25	Saskatchewan Toe	Rampart	Jeff Kirtzinger Debby Davies	16	Strong Beginner	\$38
Mar 2,3	Family Fun Tour	Ribbon Creek	John Duke Jenni Duke	20	Beginner	\$38
Mar 2,3	Helen Lake/Cirque Peak	Mosquito Creek	Karen Weisgerber Steve Davies	15	Strong Beginner	\$38
Mar 9,10	Paradise Valley	Lake Louise	Marilyn Strilchuk Richard Townell	20	Beginner	\$60.80
Mar 16,17	Boulder Pass	Lake Louise	Greg Olson Jane Davies	16	Intermediate	\$60.80
Mar 23-25	Assiniboine	Assiniboine (Nacet Huts)	Margo Coppus George Coppus	12	Intermediate	\$50.00 Heli \$150.00
Mar 30,31	Lake O'Hara Road	Castle	Pat Gleason			\$38
Apr 13,14	TL & Executive Weekend	TBA				\$

Mountain Tours are extended back country tours of the Rockies, open to all club members, with two or more nights in a hostel or snow cave. Tours are designed for all ability levels and are led by Tour Leaders with extensive training and experience in leading groups on safe winter trips in the Rockies. Note: The Mountain Tour dates shown on the above table are the nights booked in the Hostel.

Day Tours are open to both club members and potential members so everyone is welcome to enjoy the day tour, share information about the club, get to know one another, talk about equipment, learn how to wax your skis, develop skiing skills and have fun. Some ski areas may require a fee to ski the trails, each individual skier is responsible for their fee.

Adult Beginner/Intermediate Cross Country Ski Lessons

Introduction to and/or refinement of basic cross country ski techniques. Also included is basic information on equipment, waxing techniques, clothing and where to ski in Red Deer.

Participants must supply their own equipment.

For more information call Linda Dickin 403-342-1913 or Don Wales 403-343-2937 or visit the Ski Club website at www.parklandxcskiclub.org.

River Bend Recreation Area \$50.00

Mon/Wed Jan 9, 11, 16, 18 at 4:30-6:00pm

Mon/Wed Jan 9, 11, 16, 18 at 6:30-8:00pm



John crosses a snow covered bridge on the way to Upper Elk Lake

Elk from Pg 1 Also thinking, he doesn't go anywhere without a gift for everyone so we all got to open an early Christmas present. We had lots of laughs and if you really would like to know what we received, you'll have to ask the people involved, I really don't wish to spoil any good stories to be shared.

After cleaning up and a bit more visiting, bed was a welcome sight, such good food, fresh air, exercise and good company makes for a restful sleep. We had a couple of good souls who kept the fire stoked in the night so we were all cozy and warm. Many thanks again for that.

Sunday morning was overcast and snowing but not cold for our ski out. I sure couldn't remember all the downhill coming in to cause all the uphill going out. We crossed paths with a large group of kids (ages approximately 9-12) and a few

adults who were with the Canmore Cross Country Ski Group (I think). Anyway there must have been around 40 kids and they had so much energy and vitality it was good to see. They pushed off at the top of a hill and that was the last I saw of them. (side note: some of them were the lucky recipients of the rest of Kelly's cookies). We took skins off here and the downhill part was great, now I know why I went on this trip.

I never fell and according to Don, then, wasn't trying hard enough. Guess I'll have to come back next year on this trip and try a little harder. We met at the parking lot and decided to meet up at Tim's in Cochrane for final goodbye. All in all, very nice trip, thank you to all for such an enjoyable experience, would go with you all in again in a heartbeat.

Deb



Left: David, Don, Marie, Pat, John, Debbie and Jeff at Upper Elk Lake

*Below: Santa discusses the Naughty & Nice List with Marie
Bottom Left: Pat leads up the first big hill on the trail into Elk Lakes Cabin*





Panoramic photo of Nigel Pass from a previous tour in 2009

Annual Pilgrimage To Nigel Pass

Nigel Pass has always been on the tour schedule as far as I can remember; and since the older tour leaders had not offered to lead, it I did. Jeff kindly offered to assist and so we had a trip. The Ramparts Hostel has a new- to- us- hostel parent, nice guy from the east.

We all decided that because it was one week before Xmas and we had all been over-busy through December, sleep was a priority and so gave ourselves permission to sleep in till 8. Since no one set an alarm we rose at 8:30 and hit the trail by about 10:00.

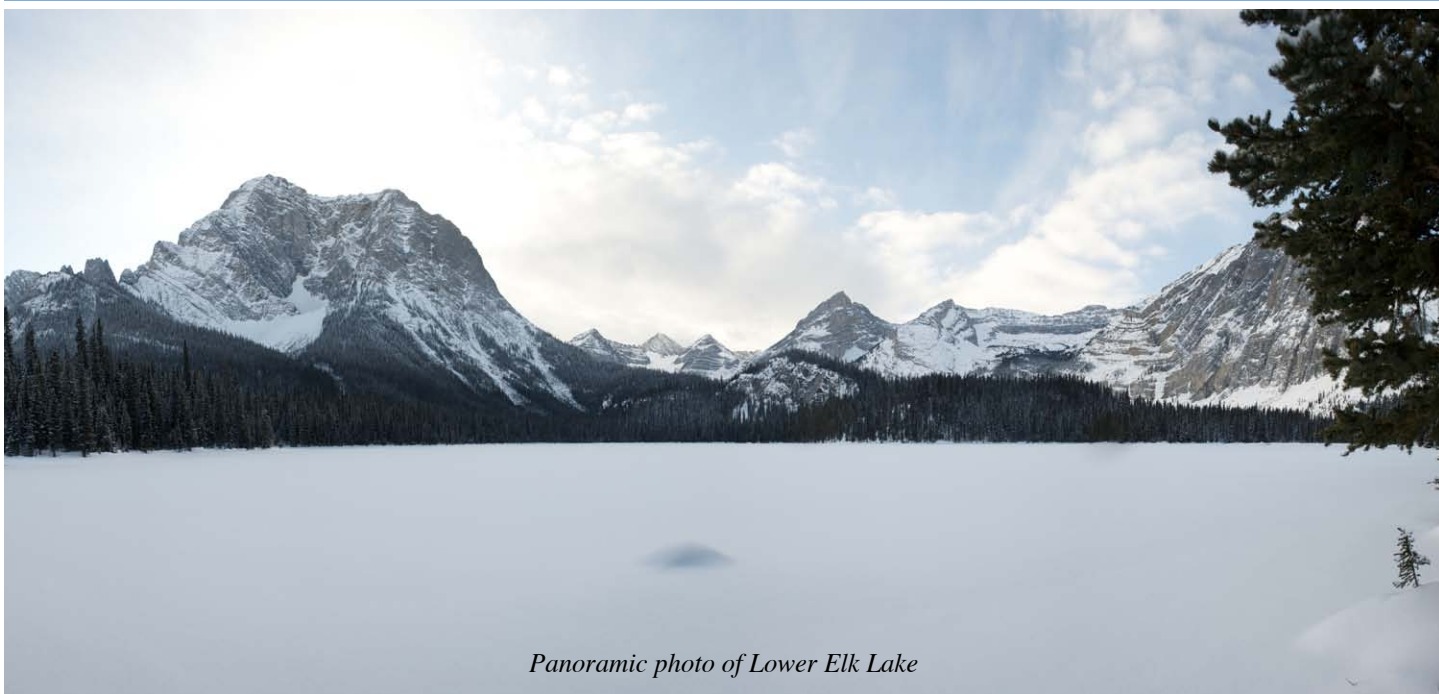
Fat skis -thin skis was the hot topic. I have seen AT gear to track skis on this trip with equal success. In the end, only Kelly opted for heavy skis so she worked harder than the rest of us(which means too that she makes more room for dinner) There was fresh snow on and we took turns breaking trail. Jeff can be relied on to find the turnoff thanks to his trusty GPS skills.

The temperatures were mild and we all skinned up on the hills. Progress was slow and steady. Due to skins, wet snow and lots more snow coming, the group decided we would not reach the pass and so turned back about 3 kms shy of our objective.

Somebody, who will remain nameless, brought a big bag of booze and made us all drink our share. We toddled off to bed and the snow kept falling through to the morning.

We skied Glacier Lake the second day, out before the snowplow. Again we broke trail. With warm temperatures the fresh snow turned to ice on impact making traction tricky for those skinny skis. We made our way home in full daylight, stopping in Rocky for chili and cocoa.

Sandy



Panoramic photo of Lower Elk Lake