



❄ **Next Meeting: December 13, 7:30 PM at Kerry Wood Nature Centre**



*Margo practices splinting Pat's fractured leg while Wilderness First Aid Instructor Perry provides feedback*

## Club Members Attend Wilderness First Aid Course

Several members of the Parkland Cross Country Ski Club and the Central Alberta Mountain Club participated in a three day Wilderness First Aid Course put on by Perry from St. John Ambulance. A huge thank you goes out to Jeff for all his time spent organizing the course even though he was not participating!

We were fortunate that St. John's let us use their indoor training facility for the first day as outside temperature were hovering close to -30 C so most of the day was spent reviewing standard first aid skills from the manual rather than outside monitoring the effects of hypothermia. So a big thank you to St. Johns Ambulance! Days two and three were spent outside at Mackenzie Trails in much warmer conditions.

The Wilderness First Aid course covered everything from general outdoor skills such as fire starting with a flint, knot tying and shelter building to emergency first aid and extended care in the back country where help may be days away.

Each day included multiple hands on training scenarios where we practiced wound care, splinting fractures, evacuating casualties on backboards and preparing a helicopter landing zone and dozens of other skills.

By the end of the course I think we all felt more capable in dealing with emergency situations but I hope we all play safe so that we never get to use our new skills.



*Perry reviews how Pat is dealing with Margo's simulated hand amputation*

## 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
Dec 1,6,8	Map and Compass plus GPS Course: 7-9 pm Lindsay Thurber High School. Cost \$5/night. Contact Brian 403-227-4409					
Dec 9, 10	Elk Lakes	Ribbon Cr. & Elk Hut	Don Wales Marie Willet	10	Beginner / Backpack	\$41.50
Dec 14	Introduction to Mountain Touring Course: contact Jane or Steve Davies for location and course information 403-342-6473					
Dec 16,17	Nigel Pass	Rampart	Sandy Vradenburgh Jeff Kirtzinger	12	Intermediate	\$38
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	<b>Adult Beginner/Intermediate Cross Country Ski Lessons</b> 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 <a href="http://www.parklandxcskiclub.org">www.parklandxcskiclub.org</a> .					
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](http://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

## Riverbend Day Tour

A beautiful fall hike enjoyed by Celia, Sheila and Linda at Riverbend trails. Lots of conversation and anticipation for snow and ski days. We observed a pileated woodpecker as he drank sap from the spruce tree. After the pileated friend flew off; Celia observed that the pecker had been very busy in the area. There were numerous holes in the trees. A great start to some early ski conditioning. Submitted by Linda



*Enjoying the dry Riverbend Trails in mid November*



## What To Do And Where To Do It?

With all our local snow disappearing before we had a chance to make any tracks skiers are getting a bit antsy. It sounds like there is some good snow and set tracks up on Moraine Lake Road and the Elk Pass Trail in Peter Laugheed Park has been packed and partially track set. You can also check [www.skierbob.ca](http://www.skierbob.ca) for trail condition reports if there are no local trails open.

If you are looking for new or used gear check out our classified ads section on the new club web site: <http://www.parklandxcskiclub.org/classified-ads/> and Kelly from Valhalla Pure here in Red Deer presented a lot of great gear at last months meeting.

