

The Snow Walkers' Gazette

Volume 34 Issue 2

Periodic Newsletter of the Parkland X-C Ski Club

November 1, 2012



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

Trail Preparation Begins



Eight members showed up Saturday Nov. 3rd to help Don with some trail maintenance near Heritage Ranch. The early season objective was to open up the canopy to allow more snow to get down to the trail and viewing these photos it looks like a job well done.

Recent warm temperatures may have melted most of our early season snow but it looks like things are shaping up in the mountains with favorable reports coming in from: Elk Pass, Moraine Lake Road and the Canmore Nordic Centre.

A BIG THANKS to all those who came out to work on the trails!

Parkland Ski Club Executive 2012/2013

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: Brian Davies	403-227-4409	bcdavies@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	403-710-5096	Steve@BentechAPS.com
Social Director: Debby Kirtzinger	403-782-0991	dkirtzinger@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: Steve Bennett	403-710-5096	Steve@BentechAPS.com

Contact Us

Web

www.parklandxcskiclub.org

Newsletter

Steve Bennett 403-710-5096

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 2012/2013

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 Kirtzinger	403-782-0991	dkirtzinger@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	sandyvradenburgh@gmail.com
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
Steve Bennett	403-710-5096	Steve@BentechAPS.com
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.

2012/2013 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
Nov 11	Riverbend Hike/Ski Day Tour: Meet at 1:00 PM in the Parking Lot. Trip Leader Linda Dickin 403-342-1913					
Nov 17	Pine Tar and Paraffin Party: 2:00 pm at 27 Oyen Cres Red Deer Leader: Don Wales 403-343-2937					
Nov 20,22,29	Map & Compass Course with Brian Davies 403-227-4409					
Nov 21	Avalanche Transceiver Practice: 7:00 PM at 33 Rose Crescent					
Nov 28	Riverbend Evening Ski: Meet at 7:00 PM in the Parking Lot. Trip Leader Kelly Bogle 403-343-3882					
Dec 7,8	Elk Lakes	Ribbon Creek & Elk Hut	Don Wales Marie Willet	14	Intermediate Backpack	\$45.00
Dec 14,15	AST1 Course	Lake Louise		8		\$52.00
Dec 15	Shark Mountain Day Tour: Contact Greg Olson for details 403-505-0751					
Dec 19	Riverbend Evening Ski: Meet at 7:00 PM in the Parking Lot. Trip Leader Kelly Bogle 403-343-3882					
Jan 4,5	AST1 Course	Lake Louise		8	TLs	\$61.00
Jan 11,12	Peter Loughheed Fondue Tour	Ribbon Creek	Marilyn Strilchuk Jane Davies	20	Strong Beginner	\$40.00
Jan 12	Heritage Ranch Day Tour: Meet at 10:00 AM. Trip Leader: Don Wales 403-343-2937					
Jan 11-14	AST2 Course	Golden/Rogers Pass	Kelly Bogle			
Jan 18,19	Hilda Fat Ski YO-YO	Hilda Creek	Kelly Bogle Steve Bennett	12	Strong Beginner	\$40.00
Jan 19	JJ Collette Day Tour: Contact Debby Kirtzinger for details 403-782-0991					
Jan 25,26	Shark Mountain Pipestone	Harvie Heights	Sandy Vradenburg Marilyn Strilchuk	12	Beginner	
Jan 26	Bob Johnstone Loppet Red Deer					
Jan 25,26	Healy Pass Rockbound Lake	Castle	Steve Davies	12	Intermediate	\$40.00
Jan 27	Pigeon Lake Day Tour: Contact Kelly Bogle for details 403-343-3882					
Feb 1,2	Bow Hut Mount Gordon	Bow Hut	Vance Buchwald Margo Coppus	5	Advanced	\$50.00
Feb 1,2	Pipestone	Lake Louise	Richard Townell	16	Beginner	\$61.00
Feb 8,9	Saskatchewan Toe	Rampart	Jeff Kirtzinger Debby Kirtzinger	12	Strong Beginner	\$40.00
Feb 15,16,17	Fryatt Hut	Athabasca/Fryatt	Vance Buchwald Margo Coppus	6	Strong Intermediate	\$95.00
Feb 22,23	Lake O'Hara	Elizabeth Parker	Margo Coppus George Coppus	12	Strong Beginner	\$50.00
Mar 1,2	Family Fun Tour	Ribbon Creek	John Duke Jenni Duke	20	Beginner	\$40.00
Mar 1,2	Panorama Ridge Crowfoot Glades	Castle	Vance Buchwald	6	Strong Intermediate	\$40.00
Mar 1,2	Nordic Skiers	Castle/Elizabeth Parker	Kelly Bogle	20		\$45.00
Mar 8,9	Paradise Valley	Castle	Marilyn Strilchuk Richard Townell	12	Strong Beginner	\$40.00
Mar 9-16	Blanket Glacier	Blanket Hut	Vance Buchwald Brian Davies	14	Intermediate	TBA
Mar 15,16	Molar Meadows	Mosquito Creek	Greg Olson Jane Davies	12	Intermediate	\$61.00
Apr 5,6	TL & Executive Weekend	TBA				TBA

See next page for more Mountain and Day Tour information:

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.



By Steve Bennett

With the start of the season it is time to go check your gear and make sure that everything is ready to go when the snow flies. The following is a list of items that I will usually take on a back country, mid-winter, day tour. The list may change a bit depending on the tour and the season but this will give you some idea of what goes into my 30 - 40 liter pack (1).

The first thing that I load up on is knowledge and training. This may involve a refresher first aid and avalanche course and checking the avalanche forecast before heading out.

Safety Gear: Digital Avalanche Transceiver (11), Metal Shovel (6) (No Plastic Shovels Allowed), Avalanche Probe (10), Snow Saw with home made sheath (7), Personal Locator Beacon (9), Whistle, Snow Study Kit (8), First Aid/Survival/Repair Kit (4) and the knowledge to use them. Most of this kit fits in an aluminum box that can be used as a pot to melt snow. We will try to do a future article on what goes into a First Aid/Survival/Repair Kit.

Navigation Items: LED Headlamp (13), Map, Compass, GPS, Monocular and Guidebook (14)

Ski Gear: Skis, Boots and Poles appropriate for the terrain. Climbing Skins (1), Ski & Skin Wax, Ski Crampons (15)

Other Items: Spare set of Mitts, Socks and Balaclava (12), Down Parka (5) for lunch breaks or unexpected overnight stays, Disposable Hand & Toe Warmers, Sunglasses & Goggles (17), Sunscreen & Lip Balm (16), Food, Water in insulated wide mouth bottle (2) (The bottle is a great place to store some Duct & Fiberglass Tape), TP & Hand Sanitizer, Spare Batteries, Two 24" Voile Straps (18) (These rubber straps have a 101 uses)

****Camera** so you can send in your spectacular photos for the newsletter

I have probably forgotten something on my list so let us know what you like to have in your pack?