

# The Snow Walkers' Gazette

Volume 34 Issue 6      Periodic Newsletter of the Parkland X-C Ski Club      March 1, 2013



❄ **Next Meeting: April 9, 5-9 PM at Bower Kin Community Hall  
85 Boyce Street. Please bring utensils, plate and cup for Season Wind Up**



## Blue sky and blue ice on the Sask Toe

Sask Toe Feb 9 & 10

Joining our group of 8 were 7 vets and one rookie, me Phil and that is why I am writing the trip report. The 7 vets were trip leaders Debby & Jeff, Sandy & Steve, Barb, Pat and Neil

The group first met at Sandy & Steve's house Feb 5th to go over plans for the trip. The first half hour was spent discussing the itinerary for the trip and dispensing safety advice for the rookie which was appreciated. The remaining hour of our meeting was to discuss what I quickly learned was the most important topic, dinner for Saturday night and who was going to bring what. On the recommendation of co-trip leader Debby, the theme was Italian which was quite a challenge having gluten free, lactose intolerant and vegetarian diets requirements of our group. There were no diet concerns when we were discussing what wine to bring for the meal. Funny that.

Friday: We arrived at the Rampart Creek Hostel around 8:30 pm. Met up with the excellent camp host, Keith from Ottawa, who got us set up with our bunks. After getting unpacked, we all reconvened at the hostel kitchen to share a few stories and have some laughs with our group and the other hostel guests. The majority of the other guests were ice climbers. There was a group of four guys from France that had been at the hostel for about week spending their time ice climbing around the area. Lights were out around 11 pm.

Saturday: Most us were up by 7 am. By 9:30, we were at the Sask Toe trail head and ready to go. Nice morning, about 7 or 8 below, little if any wind, partially cloudy skies. I look up and Steve is way off in the distance, checking out how to cross the river. I am still fiddling with my skis. Off we go, all travelling at a steady pace. A few wipeouts along the way, nothing serious.

**See Sask Toe Pg. 3**

## 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
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## 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
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**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
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

**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.

### Sask Toe From Pg. 1

Very nice scenery with lots of frozen waterfalls to look at. Arrive at the Toe around noon. Spend the next 20 minutes or so exploring the ice, taking pictures etc. Amazing! Sat down, had some lunch which didn't last long as the wind whipped up. We packed up and headed back down the trail. About half hour into our trip, back to the vehicles we see a few guys heading our way, we pull off to the side to let them past, then a few more guys pass us and a few more after that. 35 guys later, we finally get back on the trail. It turns out a couple of the guides were taking the army guys up the Saskatchewan Glacier for some survival training. A lot of the army guys were lugging what looked to be close to 80lb packs. Some were even towing a sled. Wow! One of the guides knew Neil's son who is guide as well. In the middle of nowhere, all of a sudden 35 guys appear from nowhere and somebody from our group knows somebody from that group. Surreal. Thanks to the army guys, the trail back was pretty well defined. Back in the trees heading downhill and Steve does a face plant into the deep snow. It took Steve about 20 minutes to get himself up right, hilarious. Wish I took a picture. Back at the vehicles around 3:30. A tiring but very satisfying day of skiing.

Get back to the Hostel, tidy ourselves up, gather in the kitchen and commence with our 4 course meal. 3 or 4 Appetizers from Sandy/Steve, Butternut squash soup from

Barb, Meat sauce with two types of spaghetti noodles from Deb/Jeff, roasted vegetables from Neil, Caesar salad and garlic toast from me, finished off with brownies along with jello with fruit and ice cream from Pat. All this eating while sampling all the red and white wine from Italy except for the red wine from California from Deb/Jeff who suggested the Italian theme in the first place. And we were doing all our fine dining while the other hostel guests were cooking their own supper. The Camp host joined us with our meal, that guy eats a lot, especially dessert. He even packed up leftovers for next two days. Lots of interaction between all the guests. Lots of fun! Most of us were in our bunks before 9 pm, a few made to just after nine. Lights were out by 10.

Sunday: Up and at it by 7:00 am.. Packed up and ready to go by 8:15 am. Perfectly Clear skies, no wind, 16 below with anticipation of the day getting warmer, great morning. From Rampart Creek Hostel headed north along Hwy 93 for ~ 5 kms from Rampart Creek Hostel, parked at a pull out. Hooked up our skis and off we go down a trail, cross a walking bridge full of snow and onto a old forestry trail road that followed a small creek. We had to break trail through a foot deep snow, it was rather tiring. The sun came over the mountains and we were basking in sunshine the rest of the day. Lucky us!

See Sask Toe Pg. 4

## Excerpts From Newsletters of Yesteryears

### What Has Changed What Has Not

A self-imposed duty, as club secretary, has been that of reviewing the mass of paper that arrived at my house, turned over to my keeping by the previous secretary. Thus, I am sorting and reading and reading. Most fascinating are the old newsletters.

However, before I share from them, I need to say my reading of the club history left me in awe of and full of admiration for the many club members who contribute to the success of the club year after year after year often simultaneously wearing multiple "club hats".

#### *What has changed:*

For starters, in **1981** the club organization included a Babysitting Co-op. The Co-op had a purpose statement and guidelines. It worked based on a system of 6 cards given to each participating parent. Each child babysat for a weekend "cost" the parent 3 cards and a day trip cost 1 card. When a parent was down to 3 cards, they were expected to volunteer for babysitting within the month and any parent who accumulated 9 cards was expected to schedule a trip within a month. *Sounds like a good system.*

The January **1986** newsletter contained an article describing a new ski technique originally called the V-skate. The new technique apparently created a lot of discussion and controversy at the World Championships in 85. Proponents liked the style and the speed of it. Non-proponents predicted that it would ruin track skiing -FOREVER.

There was something called a "Phone Committee" and a Phone Committee Organizer who maintained a list of phone committee volunteers who were given a "script" and a section of the membership list and charged with the duty of calling said members and reading the script to them- thus keeping everyone in the loop.

The Easter Bunny used to ski with the club and a wolf howled a lot on some trips?

A trip in **1982** (during a full moon) included a square dance on the Banff-Jasper Hwy. *I'm thinking a wolf was howling on that one!*

A criteria for admission to the club in **1992** was the ability to tell the difference between Baby Duck and dish water.

*Membership declined sharply!*

#### *What has not changed:*

The ski club trip destinations go to many of the same beautiful areas in the mountains following the same trails and routes skied by countless of very satisfied skiers.

AND, of note is the persistent obsession with and focus on **food** and snowy slopes and **food** and majestic mountains and **food** and glorious sunshine and **food** and fresh snow and in case I forgot to mention it the club members continue to like **food**.

Next time Ski Technique Advice from Yesteryears



#### **Sask Toe From Pg. 3**

We plowed ahead for a few hours, took a break for lunch, turned around and headed back the way we came. At about 1 ½ hours or so later arrived back at our vehicles. Temperature was now 3 below in bright sunshine. Can't beat that while being in the mountains in winter. Packed up our gear, hugs all around and headed home to arrive before 5 pm.

I wish to thank everybody in our group for an awesome weekend. Special thanks to trip leaders Debby and Jeff and those who drove.

Phil

# Scenic detours on the Pipestone

Lake Louise Pipestone Mountain Trip February 1-3, 2013

Trip Leader: Richard Townell

Participants: Lorna, Dianne, Sarah, Trudy, Shannon, Dave, Deb, Dion, Marilyn, Nancy, Frank, Marg, Sally, Sheila, Karen & Philip, Walter & Dianne.

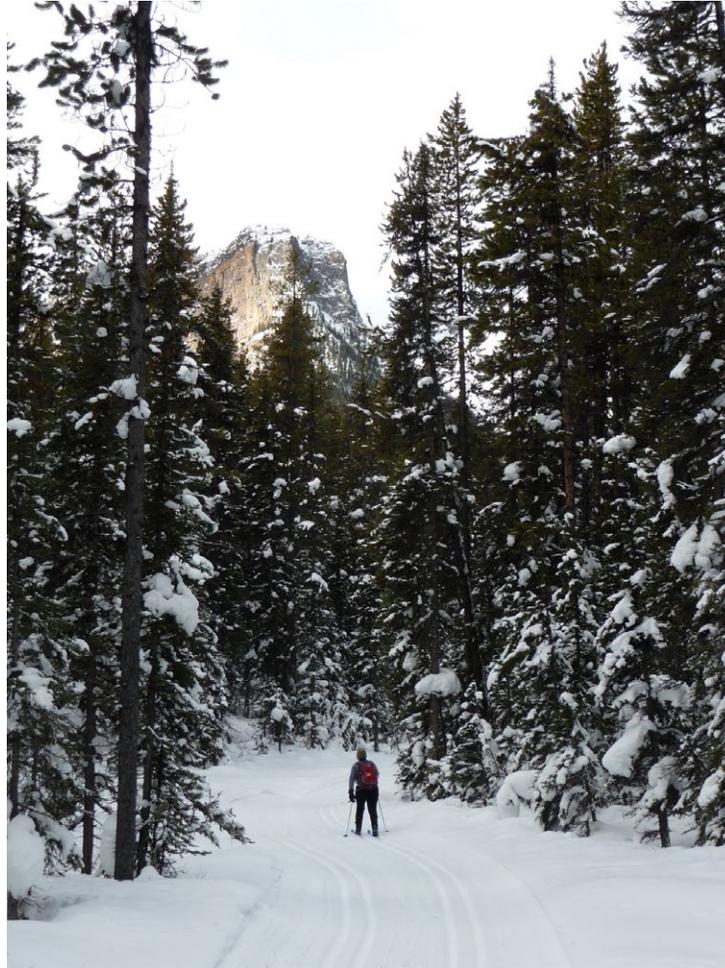
The group arrived at different times on Friday and easily settled in by relaxing at the local pub and enjoying a campfire at the hostel's courtyard.

The weather was clear and warm making easy driving conditions for the drivers, thank you to the drivers!

The next morning we awoke to a beautiful blue sky and the ski conditions were fantastic with temperature ranging from -5 degrees to +2 degrees. After a hearty breakfast, we packed our lunches and gear for the day and piled into the vehicles and headed to the Pipestone Loop parking lot. We geared up and off we went on our adventure with our fearless leader, Richard, leading the way.

However, a group of us ended up on the wrong trail for a short while. We enjoyed the scenic detour and warm up as we climbed a fairly steep hill and came back down it again. A few wipeouts occurred but no injuries! Richard soon realized we had ventured off and he found us. He guided us back to the proper trail and we were off!! The trails were well groomed and the snow was hard packed.

We stopped in a lovely open area by Pipestone Creek and soaked up the sunshine and warm weather, looking up at the Lake Louise ski area as we ate lunch. We skied and enjoyed the beautiful scenery for the rest of the afternoon. Dianne Rasmussen stopped along the trail to take a picture and disappeared when she stepped off the trail into the deep powdery snow! All we could see was her green pack wiggling in the snow from a distance! She was helped out and off we were again.



The trail had some hard packed icy areas on the downhill return and a few mishaps were had. Deb Switzer's head had a run in with her back pack but she was ok with rest, Advil, and ice, and was up skiing the next day! Dion and Walter headed back on the trail for more adventure after the group reached the parking lot!

After the ski some went for a walk to the shops, rested, shopped, read, or went to the local pub before gathering for

the evening meal. Everyone had a healthy glow and smiles after our first day! Sarah found some interesting treats at the candy shop and shared them at the pub with the fellows. They were sour-cream-and-onion flavoured crickets!!

The evening was so fun! We had a Mediterranean themed meal consisting of delicious starters, salads, main courses, and desserts that we all brought to share! We ate and drank like Greek gods and goddesses! After eating for what seemed like hours and many courses (yummy) we shared the leftovers with other occupants of the hostel who appreciated the tasty food. The rest of the evening was enjoyed by relaxing and visiting at the hostel's living room area or at the camp fire.

The next day greeted us with nice weather again and

we skied the Fairview Loop at Lake Louise. Dion skied an extra part of the trail and met up with us at the Lake Louise Hotel for lunch. He skied the Moraine Lake Road. The ice sculptures were amazing, a super way to end the trip! We skied back to the parking lot and said our goodbyes! Wow, the weekend went so fast. A big thank you our fearless leader, Richard, to the drivers, and to all who participated!

Until our next adventure.....

# Snowy encounters at Lake O'Hara



*Sally, Marie & Don, Margo, George, Dave, Barb, Laurie, Judy.*

Lake O'Hara Trip - Feb 22-24, 2013 by Laurie

This was my first club trip this year, and my second winter backpacking experience. Margo felt that as I did a fair number of close encounters with the snow I should do a trip report so here goes.

Our group of nine assembled and stayed overnight at the Fireweed Hostel in Field, BC on Thursday evening Feb 21st. The Fireweed is a private hostel, relatively new and is clean, comfortable and well run. Definitely a good stopping off point for any skiing/hiking around the Lake Louise and points west. We were out the door Friday morning before 8:30am and in the Lake O'Hara parking lot close to 9am. George, Margo and Barb opted for pulks, while the rest of us shouldered our packs and headed up the road. The sky was overcast with temperature around -3. A skiff of fresh snow made for a relatively easy ski as far as glide went - and the 12 km went whizzing by (at least the first 4km). There is a wee tricky bit from the Day Lodge to the Hut which gave me my first close encounter with the snow. Don, Dave and Marie were the first to arrive at the hut and had snow-melted water ready for our tea. After a brief stop for refreshments - the group headed out for a quick 2 hr ski to Mary Lake and around Lake O'Hara involving a bit of bush-whacking and nimble turns (maybe there is a reason this trail is not mentioned in the ski-trail guide). The frozen waterfalls at the other end of Lake O'Hara looked like a good destination, but was mostly hidden by trees & shrubs when we were underneath it. I opted to stay behind and handle the snow melting duties until a better water source was found.

Dinner, as always, was delicious and filling - appetizers, soup, chicken and spaghetti with brownies and rice krispie squares for dessert

There was a bit of new snow overnight, temperatures remained around -6 and light overcast as we headed out Saturday morning to ski to Upper Morning Glory Lake. The trail is, at first, fairly open and gentle but there is a very tricky bit where my next 6 or so close encounters happened. I could blame the soft snow on the side of the trail that swallowed my ski poles, but then everyone else had the same problem and stayed upright so I just have to say I love playing in the snow. After trying to ski up to Linda Lake, I applied skins with Margo's help (no one else needed them, sigh) then continued plodding upwards to Linda Lake where after a lunch break, the group split with Margo, Don, Marie and Judy going on to Vera Lake and George, Sally, Barb and myself heading back down to the hut using the Lower Morning Glory trail which comes out at the campground, up the road a bit, over the tricky bit to the hut (kept my skins on). Another gourmet meal accompanied by the fruit of the grape and some malt beverages. Sunday morning involved cleanup, and repacking, and out the door by 10:15am and then the much easier downhill ski to the parking lot... kudos to Sally for her first go at pulling Barb's pulk all the way down (even on the steeper uphill bits).

This was my first time into Lake O'Hara in the winter and this area is every bit as stunning as it is in the summer. Thanks to all It was a most enjoyable weekend.