

CAMC

Central Alberta Mountain Club

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President's Report

We have some very exciting changes coming up and I think everyone will be happy to see where the club is headed. We would like to seek nominations for the following positions at our April General Meeting - Vice President, Newsletter Editor, Trips Chair and Course Chair. We would like to work on getting the members more active in where the club is going. Everything will take time and it won't all happen overnight but with a little time and patience I think we'll see some positive changes and the members will reap the benefits. Hope you're all ready for some great hiking.

UPCOMING EVENTS

Wednesday, April 9th, 2008
General Meeting
7:30 pm at the Kerry Wood
Nature Centre (6300 45 Ave)

April 12
Barrier Lake Lookout –
Kananaskis Country

April Guest Presentation

Ms. Melanie Tuck-Hoppins, Physiotherapist at Collegiate Sports physio will give us a talk on preventing and treating foot ailments in the aging hiker. She is the chief physio to most of our local teams including the Rebels and RDC sports teams. She is an animated and knowledgeable speaker.



Treasurer's Report

Our bank balance at the end of March 2008 is \$2337.26

At the March meeting we had 4 brand new members sign up and 12 renewals bringing our total membership for 2008-09 year so far to 16.

I will have lots of renewal forms available at the next meeting April 9th for those wishing to renew their membership and I will drop off some membership forms to Valhalla Pure for them to have on hand for new people inquiring about the CAMC and for those of you who find it more convenient to renew your membership there while shopping at Valhalla.

The club listing will be automatically emailed to all members who indicate that they wish to include their name, phone numbers, and email addresses on the contact listing to be shared with all other members. Make sure you check the "EXCLUDED" box if you do not wish to have your information shared with everyone. Please make sure you give your correct email address.

Addresses will not be included on the shared listing. (Thank you Bertha for your suggestion re: this)

Message Regarding: April 12th Trip

Please come out on the April 12th to Sifluer Falls, West of Nordegg. Meet AMA at 6:30am to arrange car pooling. Bring good hiking shoes, warm weather gear (could be cold), gloves, etc.

We'll be following a game trail on the west side of the river for this trip. The area has been dry which is usual for this area. There shouldn't be any snow. This will be an easy start to the season so it's not going to be a really long day. Bring a compass and a map for the area. We can do some practicing with them.

See you all there, should be fun. Telephone me (Greg) in the evening if you have any questions – 505-0751.

Trip Report: Ribbon Creek

Kananaskis Country
Saturday, March 8th, 2008

Submitted by: Carmelle



Trip Participants: Peggy, Carmelle, Frank, Claudette, Karen and Garth

This trip was announced as an easy leisurely ski trip and leisurely it was. There were 4 of us who met at the AMA parking lot on a gorgeous Saturday morning. Peggy, Carmelle, Frank and Claudette. We were treated to riding out to the mountains in Peggy's brand new Ford Escape. It still had that 'new' car smell. Karen and her husband Garth drove out together and met us at the parking lot.

With the mornings getting brighter earlier, it was nice to have daylight for the trip out. We arrived at Ribbon Creek parking lot, and it was deserted. Only 2-3 other cars there.

We started skiing at about 10 am and it was already at about -3C. There was still just enough snow on the trails. The snow was sparse in places and slushy, but further into the trail the conditions improved and the gliding was nice. I was glad that I brought along some gliding wax as that sure did help.

We did a leisurely ski in about 3-4 kms and had lunch along side the trail. We were planning to leave our skis and do a short hike further up the trail, but the ice slide made the footing unsafe. So after lunch, a very easy ski back out to the parking lot.

Then we decided to walk up to Troll Falls being that it was still early in the day. We could have skied up to Troll Falls, but opted to change into hiking boots



They had some very sophisticated equipment. Frank stopped to chat with them and they told him they spotted over 1000 eagles migrating up the valley. Not sure if they were members of a club, or scientists researching.

The trip home was full of lots of chatter and a pit stop at Tim's in Cochrane. We were home by supper.



and walk instead. So that was another nice leisurely walk in the snow another 2-3 kms.

The falls were fun to play on for a moment and lots of kids and families were there exploring. Frank and I hugged a big icicle hanging off the cliff. Then it was a leisurely walk back to the parking lot a different way, where we met up with some avid eagle watchers sitting beside the river.

Newsletter Editor's Report

This will be the last newsletter that I will be doing for the Central Alberta Mountain Club. Life has just gotten too busy lately, as it does for everyone it seems. I hope everyone has enjoyed the newsletters over the last year. Hopefully I will still see many of you on the trails around Canmore. I hope everyone has a great summer and happy hiking!



CAMC Executive

President	Peggy	president@camchiking.ca
Vice President	Up for nomination	vp@cemchiking.ca
Trips Chair	Up for nomination	trips@camchiking.ca
Treasurer/Membership	Carmelle	treasurer@camchiking.ca
Courses Chair	Up for nomination	courses@camchiking.ca
Programs Chair	Maureen	programs@camchiking.ca
Newsletter Editor	Up for nomination	newsletter@camchiking.ca
Web Editor	Kevin	webeditor@camchiking.ca

Central Alberta Mountain Club

Minutes of the March 2008 General Meeting

Location: Kerry Wood Nature Centre, March 12, 2008, 7:30pm

Introduce Executive: Peggy Gougeon (Vice President), Carmelle O'Shea (Treasurer), Jack Burns (Trips), Greg Olson (Courses)

Report from President (Peggy Gougeon)

- Handed out copies of new vision for club as per executive, we will review after executive reports.
- Reminder 50-50 photo contest. Everyone to vote on as this decides who wins the big prize for the year.

Report from Treasurer (Carmelle O'Shea)

- Bank balance as of February 28/08 - \$2145.00
- Anyone wishing to purchase their new membership for 2008/2009 see Carmelle for forms & waivers. Single Membership - \$20.00, Family Membership - \$30.00
- Mentioned there is also a place to record if you want your name & phone no. on the membership list for distribution to other members or you can leave your name out & not get a copy of the listing.

Report from Trips Chair (Jack Burns)

- Announced proposed summer trip schedule-sign up for any ideals set out for additions/suggestions. As there was no additional feedback trip schedule will stay as is.
- T-shirts are available see Jack during break to pick up your shirt. Must be paid for at time of receipt.
- Announced sign up sheets for March 22/08 trip to Shark Mtn. Peggy will meet anyone interested in going at the AMA parking lot @ 6:30a.m. If you are interested in going & have not signed up let Peggy know.
- Summer trips start April 26/08.

Report from Course Chair (Greg Olson)

- Nothing to report

Report from Newsletter Editor (Raeanne Ball) (absent)

Report from Programs Chair (Maureen McCall) (absent)

- April - Dr. Nav Rattan, Care of the aging hiker's feet
- May - Elsie McKinnon, Annapurna Sanctuary Trek, Nepal

New Vision: Reviewed notice sent out to members regarding the executive's proposal that a new constitution and by-laws for the club be written around a vision that reflects what we want our club to stand for. (see attached copy of the executive letter to members.).

Jack Burns motioned that we revise/rewrite the Central Alberta Mountain Club
www.camchiking.ca

constitution. 2nd by Doug Robson, all in favour.

Trip Coordinator winner of the \$300.00 gift certificate from Valhalla was Carmelle O'Shea

1st prize winner of the Photo contest: Digital Camera : Sylvia Baron with her photo of Rhodendron in Victoria

2nd prize winner: Walking stick, t-shirt and 1 year free membership in CAMC: Ann Nielson with her photo of Sentinel Pass

3rd prize winner: Walking stick and 1 year free membership in CAMC: Bonnie Mullen with her photo of Abraham Lake

Break - enjoy snacks brought in by members.

Presentation: Newfoundland: Here We Come presented by Bonnie, Bertha and Betty

Meeting adjourned

CAMC 2007/2008

WINTER TRIP SCHEDULE

Date	Trip	Type	Notes
Apr. 12	Barrier Lake Lookout, Kananaskis	Day Hike	Meet AMA 0630

- Please note that all the activities listed above are considered “easy” but this can vary considerably depending upon snow and weather conditions. Participants should always be prepared for bad weather and ready to change their plans if conditions demand.
- The club will not undertake any activity in avalanche terrain where the danger from avalanches is moderate to high. That said, avalanches can and do occur in areas where it is not expected. Even a small knoll at Riverbend Golf course can avalanche. Participants should always be aware of this danger when undertaking winter activities.