

# CAMC

Central Alberta Mountain Club

## President's Report

Peggy [REDACTED]

Well time flies when you're having fun, doesn't it folks. Hope everyone is keeping warm in these cool temps. December was a little slow for club get togethers as far as trips go, etc. Our Christmas party was small but we had a great time and enjoyed the Chinese auction and everyone ended up going after a scrapbook album that Ann brought, very nice album and we had an assortment of coffees and teas and a few other items.

Jack led a trip to Chester Lake with Maureen and myself for some snowshoeing. The weather was great and we had a wonderful day, definitely would do this trip again. Maureen and Jack provided great entertainment with a few trips in the snow banks. I'm not sure how Jack landed in a crevice by some rocks but it was fun watching him and Maureen pulling each other out. We had a nice group of us go out to Goat Creek Trail on January 12, 2008 and ski from Canmore to Banff, again another perfect weather day. Peggy lead this group off and it was great, a few icy spots and we made it to Banff in one piece, I think Claudette retired her skis at the end of this trip. A funeral was planned; she was a little rough on them along with pulling the seams apart on her boots. We had a good laugh when Kerri Anne forgot her cell phone in the bathroom and had to go back and retrieve it, she found a pair of clip on sun glasses along the way and realized when she got to us they were her own glasses...Claudette was making her own way on some of the faster turns and making some new skid marks along with almost losing her pants along the way she did a great job of entertaining us.

It was nice to see a good turnout at our January meeting with Christmas over and all the shopping out of the way everyone had more time to participate again. Maureen is doing a great job on setting up the monthly presentations and that's always a great draw. Keep up the good work Maureen. I'd also like to thank Carmelle for going the extra mile to get the books audited and everything cleaned up and current.

### In This Issue...

President's Report	...1
Treasurer Report	...2
Guest Presentation	...2
Trip Reports	...3
Photo 50/50	...6
Newsletter Editor's Message	...6
Executive Contacts	...6
Winter Trip Schedule	...7

## UPCOMING EVENTS

Wednesday, February 13, 2008  
**General Meeting**  
7:30 pm at the Kerry Wood  
Nature Centre (6300 45 Ave)

### Feb. 9

Lake Louise, Banff National Park  
Ski

### Feb. 23

Burstall Pass, Kananaskis  
Snowshoe

## Continuation of President's Report...

Carmelle was also the push behind us being ready to set up at the Banff Film Festival. We wouldn't have even known what was required if she hadn't been to one before. Hope everyone that attended the Banff Film Festival enjoyed themselves, I know I did.

We are still looking for someone to step up to the plate for the Vice President position, this only requires at most 3 or 4 hours a month and is not overly demanding, if you have any questions or would like more info on this position please feel free to contact any of the current executive.

Hope to see some of you on the upcoming trips. Happy trails.

## Treasurer's Report

Carmelle [REDACTED]

Our bank balance at the end of January 2008 is \$2210.54.

The Best of Banff Film Festival held at the Memorial Center was well attended. The Friday show was sold out. Our Club gave away a prize each night in with the main draws of other prizes given away by the big sponsors – Valhalla, Dunham, etc.

Our prize was a book on hiking purchased at the Nature Center combined with a gift basket of coffee, hot chocolate and mugs donated by our President and a free membership to the CAMC. Let's hope to see a couple of new faces at our upcoming meetings ready to use their membership.

Our web page renewal fee for the year was \$140.76. Thank you to Kevin for keeping our web page going and he informed me of some changes.

The financial statements for the 2005-2006 year will be available at the February 13th meeting for anyone who wishes to look at it.

Reminder:

I still have 3 tickets for a free nights stay at any of 3 hostels – Shunda Creek, Edmonton, or Jasper. The tickets are valid until April 30th, 2008. Now that we have some good snow, and ski conditions are shaping up, I'd like to see someone in the club take advantage of these free tickets. Just call me, Carmelle 342-6157, and I will make sure to get them to you. I will also have them available at each meeting.

## Concerns? Questions? Comments?

Although the club no longer has a question and answer period at the general meetings the Executive still wants your feedback. Please contact any member of the Executive either in person, by phone, or via e-mail.

## Invitation to Photographers

Would you like to submit photos for the 2009 Medicine River Wildlife Centre Calendar? If you donate a photo, you will get photo credit. Medicine River gets 4000 calendars made each year as a fundraiser.

In order to get photos that are upbeat and capture the essence of wildlife rehabilitation, come out to the Centre in May or June. You must phone first and book a time; you can't just show up. While taking photos you must be un-obtrusive and quite, in respect to the injured wildlife.

Call Carol at 728-3467 to book a photography time and visit their website for more information:

[www.medicineriverwildlifecentre.ca](http://www.medicineriverwildlifecentre.ca).

## February Guest Presentation

[REDACTED] will present a talk entitled, "Newfoundland, Here We Come!" at the Feb CAMC meeting.



## Jarvis Bay Campground Ski Trip Report

Jarvis Bay Campground  
Saturday, January 26<sup>th</sup>, 2008

Submitted by: Carmelle [REDACTED]

There was a ski trip scheduled to go out on Saturday, January 26<sup>th</sup>, to Kananaskis Country, but only 3 people signed up to go. After some communications and not really feeling like going that far on Saturday, Peggy and Carmelle decided to do a shorter ski at the Jarvis Bay campground. For those of you who don't want to put in a full day of driving and a very early rise on a Saturday, Jarvis Bay is a nice leisurely day out. We skied on track set on the road that encircles the campground. At a couple of points, we had a nice red fox keeping tabs on us. He began to follow us at one point but was easily shooed away when we made direct eye contact.

Then we ran into a very friendly couple who directed us to the walking trails that runs around the perimeter of the campground. So we decided to take their advice and it turned into a very nice easy ski through the woods. Apart from the traffic noise nearby, it was very peaceful and you wouldn't know you were only 30 minutes away from Red Deer.

If anyone wants to go for just a half day ski within the city of Red Deer, or out to Jarvis Bay, please contact Peggy or I. Sometimes, we don't want to give up our whole day to go to the mountains, but we can still get a nice short ski in locally.



## Everest Base Camp Trip Report

Submitted By: Jack [REDACTED]



As a hiker, going to Everest Base Camp has to rate up there with say, running the Boston Marathon for a runner or playing Augusta if you are a golfer. It was certainly something that I never thought that I would partake of until my son suggested that it might be a fun thing to do. I hated to say "no" so off I went on an adventure I wasn't even sure I wanted or could do.

The trek to Everest begins in Kathmandu the capital of Nepal. A seething south Asian city, it is calm by Indian standards but quite the culture shock for someone from Canada. Noise, pollution, smells and the ever pressing crowds of the extremely poor. Yet there is a piquant quality to it that is like curry in a sauce. I wouldn't want to live there anymore than I would like to eat curry every day but I am glad it exists.

From Kathmandu, you fly to Lukla which easily has to be the biggest adrenalin rush of the trip. After flying parallel to the Himalayas for about 40 minutes, the little twin engine Twin Otter, suddenly finds itself surrounded by towering peaks as it plunges towards what has to be one of the world's shortest airstrips. Land short and you fall off the mountain; land long and you smash into a cliff. The strip has about a 15% slope on it which helps to slow the landing plane whereas the gravity effect helps planes to take off. The excited and happy chatter of the 14 passengers is clear indication that we are glad to have survived and to begin the walking portion of the journey.

Hiking in Nepal is much like hiking at home with some very important differences. Foremost has to be the altitude. Our highest peaks soar to 12,000 feet (3600 m). That is where you begin your trek, albeit on the side of a mountain but you soon descend to the valley bottom only some 2000 feet below. Secondly a porter carries your backpack leaving you only with your day pack. This may seem lazy by our standards but at less than \$5 a day, something that you simply cannot afford not to do. Carrying your pack, actually three of them at the same time, is how many Nepalese make their living. You meanwhile are unencumbered by a weight that will wear you down over the days ahead. Thirdly, this is a religious country where monasteries, religious shrines, pray wheels and walls abound. Paying the proper respects is expected. And finally the trail is not a symbol of recreation but rather a center of life in the Khumbu Valley.

I likened the trail to our own Queen E II Highway. Porters with their heavy and often unwieldy loads are the semi trucks. Packs of school children on their way to or from school are the buses. We tourists are, of course, tourists albeit without our SUVs. And the Nepalese man on his way to the next town is our businessman in his tie and jacket. Each village along the way has its filling stations and motels (tea houses). There is a place to shop for the next day's necessities. Up and down these trails passes life in all its myriad of forms. And we, as tourists, are only the passers by who make and receive momentary impressions and then move on. For the Nepalese, this is their life.

The trek to Everest from Lukla takes nine days. Each day there is a gain of altitude. Each day sees a plethora of bridges across the Khumbu River and its tributaries, steel cable bridges across the chasms lower down but becoming more and more basic wood and rope structures as you move up the valley. The trail narrows, its grade gets steeper, exposure increases and traffic decreases as you approach the higher environs formed by the Khumbu Glacier.

Each day begins at 0630 with crawling out of your sleeping bag into the frigid, frozen air of

the unlit plywood cubicle that you have spent the night in. Dressing in the clothes you have worn since day one, you pack up your gear into your backpack or daypack and then join your compatriots in the warmth of the common room for a breakfast of bread, jam and tea. By 0800 you are trekking, Nepalese guide in front and another behind. The one in front to keep your pace at one that will be sustainable for the entire day; the one behind to pick up the stragglers. At noon you stop at a tea house for a lunch of fried rice and an egg. Then an afternoon of hiking to get to your destination. Dumping your gear into a plywood cubicle that looks the same as the night before you spend your evening socializing, drinking and eating in the friendly, cozy atmosphere of the teahouse common room.

We start the trek with 12 tourists in our group from Britain, Australia and, of course, Canada. On day four we lose our first member as at 14,000 feet she becomes violently ill and must be immediately taken down the mountain. Either that or she will die. Day six we lose the youngest member of our group, an 18 year old male who tries to continue past the 15,000 foot mark but cannot. After suffering with severe headaches for five days, we lose the next on day eight at 17,000 feet. Nine tourists make it to Base Camp along with three guides. The Nepalese are hurting too; there is no guarantee that the effects of altitude will not hunt them down and make them a victim of its insidious effects.

The day after base camp we rise at 0430 for a 0530 start into the blackness of night and an incipient blizzard to climb to our high point of the minor mountain of Kala Patar at 18,200 feet. From here we are supposed to get great views of Everest which cannot be seen from Base Camp. The blizzard, with the wind chill, plunges the temperature into the mid minus twenties and obliterates our view. Two of our party cannot make it up due to pure exhaustion; one never leaves their bed due to a raging headache. The effects of altitude have cut a wide swath through our ranks.

So what is this altitude? At home in our Rockies we seldom feel much more than

tiredness and a need for some heavy breathing as we scramble to the top of our mountains. But at Everest Base Camp, the atmosphere has thinned so that the oxygen level is only 50% of sea level. Literally your body starts to starve from a lack of the essential gas. My son and I have handled the altitude extremely well. Aside from some minor headaches and nausea, David has been fine. My symptoms have been limited to waking from my sleep with a feeling of panic like I am suffocating or suffering from pneumonia. Too, I have been suffering from short term memory loss; inconveniencies only which do not affect my ability to complete the hike.

What has taken us nine days to get up only takes us four to come down. As we drop in elevation and reenter warmth, vegetation and some humidity in the air, we collect our group members who have taken shelter lower on the mountain, our coughs disappear and all effects of altitude as well. With the end of the adventure, a return flight to Kathmandu and the dispersion of new friends, we are able to take stock of what this two week period has meant.

Foremost in our minds is the stink of unwashed bodies who have exercised heavily but have not had an opportunity to wash in that time. Secondly is food. The bland repetition of the diet has only been spiced with our imaginations as we dream of chocolate cake, steak or fried chicken. Finally, this place, wild with mountains, is not a wilderness but rather a place home to people and a culture unique. It is the memory of these that I am able to take away.

## Trip Report: Alberta World Cup

Canmore Nordic Centre

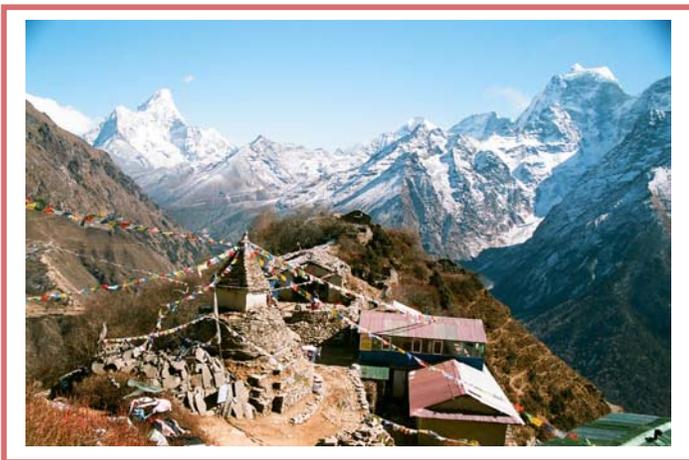
January 26, 2007

Submitted by Michael [REDACTED]



World Cup cross country skiing came to Canmore in late January as the newly refurbished Canmore Nordic Centre hosted athletes from around the world including many Olympic champions. Numerous events took place around Canmore during the week of festivities including live music, street dances, food sampling, and other family activities.

I went to the Nordic Centre on the final day of races to watch the Ladies and Men's 1.2km sprint finals. A large crowd was on hand to witness hometown girl Chandra Crawford win the ladies event. A very rare win for a Canadian athlete on the World Cup circuit. Emil Joensson of Sweden won the men's event.



## **MONTHLY PHOTO 50/50 CONTEST**

Category is **THE GREAT OUTDOORS**

Anything goes, as long as it is something to do with the outdoors.

Start taking photos or enter the ones you already have.

Bring your best to each meeting and win 50% of the contest entry fee back!

Entry fee \$1.00 per photo.

Winners will have their winning photo published in the monthly newsletter!



Ann [REDACTED] was the winner of the photo contest. Her photo is of a large poisonous grasshopper (about 4 inches) that she saw while on a trip in Thailand in November.

## **Newsletter Editor's Message**

Hope everyone is having a great winter and getting lots of outdoor trips in, now that the weather is finally warming up a bit. Be sure to get your trip report in to me so your stories can be shared with the rest of the club members. Please send all emails to [newsletter@camchiking.ca](mailto:newsletter@camchiking.ca) no later than:

**Friday, February 29<sup>th</sup>, 2008**



## **CAMC Executive**

President	Peggy [REDACTED]	<a href="mailto:president@camchiking.ca">president@camchiking.ca</a>
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# CAMC 2007/2008

## WINTER TRIP SCHEDULE

Date	Trip	Type	Notes
Feb. 9	Lake Louise Area	Ski	This is a weekend trip where you are responsible for your own accommodation. Day trippers are welcome.
Feb. 23	Burstall Pass, Kananaskis	Snowshoe	Meet AMA 0630
Mar. 1 2:00pm	Heritage Ranch	Snowshoe/ Ski	This is a show and go. Snow conditions will determine what is done.
Mar. 8	Ribbon Creek, Kananaskis	Ski	Meet AMA 0630
Mar. 22	Shark Mountain, Kananaskis	Ski	Meet AMA 0630
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.