



CAMC
CENTRAL ALBERTA MOUNTAIN CLUB

October 2008 Newsletter
www.camchiking.ca

**GENERAL MEETING WEDNESDAY, OCTOBER 8 @ 7:30 pm at
Kerrywood Nature Centre – 6300- 45 Avenue**

Guest Speaker - Sandra MacDougall

**Talk title: “Managing national parks to minimize negative bear-
human interactions**

Sandra MacDougall, M.E.Des. - Sandra has been a biology instructor at Red Deer College since 1996, teaching courses on campus, and leading national and international biology study tours. Sandra’s current research interests include grizzly bear habitat use, bear-human interaction risk assessment, and assessing the impacts of roads on people and wildlife. She has worked with Parks Canada reviewing public bear education programs and bear management policies for a variety of northern protected areas. In 2005, Sandra was a recipient of Red Deer College’s Award of Excellence, and the National Association for Staff and Organizational Development Excellence Award (NISOD), Austin, Texas.

**Reminder that we will be holding our elections at the October general
meeting for the following positions—if you are interested, please come to
the meeting or contact one of the Executive members.**

President
Treasurer
Course Chair
Newsletter Editor

Note from the Prez

Well it has certainly been an exciting year for our hiking club. It's great to see all the new faces. We have been blessed with great weather and it seems to be continuing, should be great for our Turkey Trek at the end of October. Hope everyone's been thinking about some of the up coming vacancies on our executive, we're looking forward to seeing some new faces on the executive along with some fresh new ideals. If you are even thinking about signing on for an executive position, please feel free to talk to any of the current executive if you have some questions. One of the great benefits of joining the executive is that it gives you a chance to voice where you would like to see the Central Alberta Mountain Club heading. I'd like to say its been a whole new experience for me on the exec of the hiking club compared to all the other organizations I participate in. I hope to see some of you out on the ski hills this winter & maybe some snow shoeing. Thanks to all the exec for doing such a great job you leave big shoes to fill. Carmelle great job of putting the books together & being so diligent with keeping the membership list up to date & getting it out to everyone. Thanks to Isabel for doing such a good job of reminding members to send in their reports & putting out the newsletter in a timely fashion and adding her own little twist. Thanks to Jack for doing a great job from assisting with trips and putting together the Tour Leaders course with Steve, and for looking after the t-shirts and then taking on course chair. To the next President I can only say have fun with this & enjoy yourself. We have a great group of people here & I can only see things getting better. Well I'll sign off for now I'm off in puppy land running, running & more running.....

Happy Trails
Peggy

Treasurer's Report

Carmelle O'Shea

Our bank balance at September 30, 2008 is \$3359.82.

Please note that the Treasurer position is up for election and needs to be filled by a new member of the CAMC. I have emailed the information on the duties of this position. It can be as streamlined as you want to make it. I would be glad to answer any questions for those who are interested and want to find out more about what is involved.

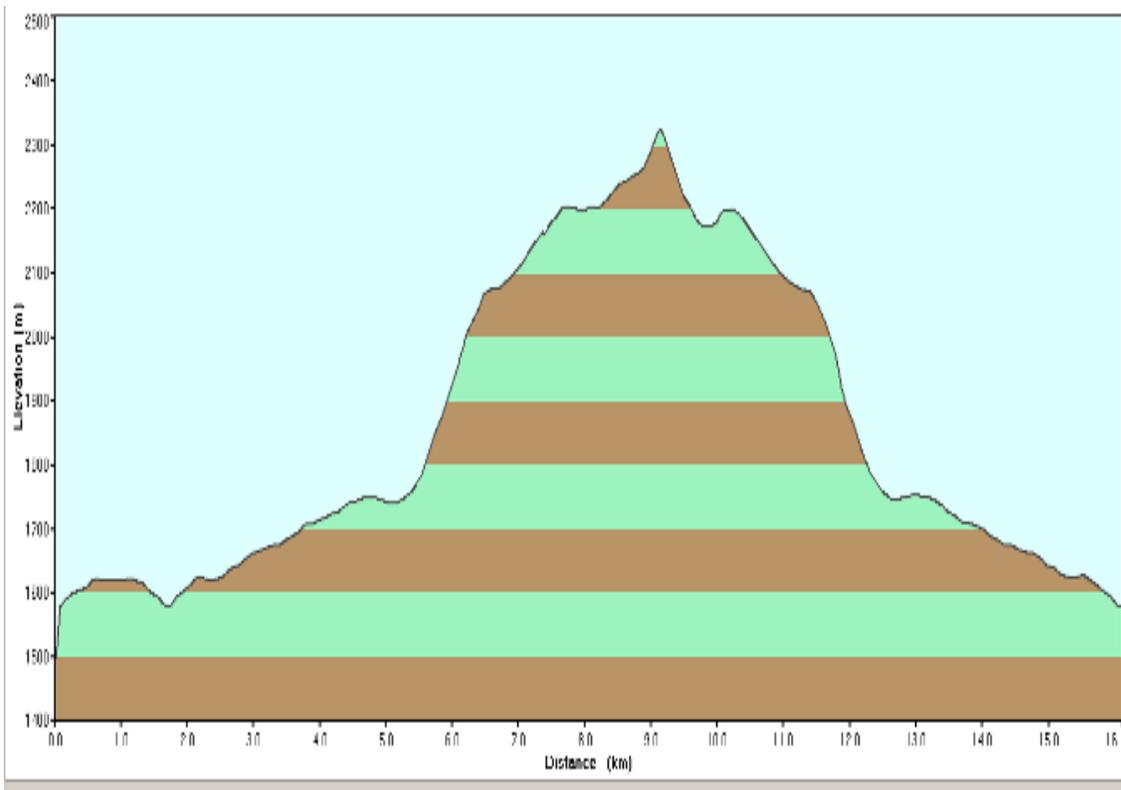
I will not be at the October meeting, but I hope that some folks will come forward and be interested in taking over the Treasurer position for the next 2 years.

Thank you

Ya Ha Tinda Hike

Weather was -3C at the beginning of the trek and 20C by the end. The wind kept it pretty cool at the top.

Waypoint	Date and Time	GPS Location	Elevation
1	13/09/2008 9:17	N51 44.167 W115 32.406	1535 m
2	13/09/2008 9:52	N51 44.357 W115 32.482	1609 m
3	13/09/2008 10:30	N51 44.653 W115 32.569	1637 m
4	13/09/2008 11:12	N51 45.526 W115 32.721	1726 m
5	13/09/2008 11:53	N51 45.892 W115 33.285	1850 m
6	13/09/2008 12:07	N51 46.082 W115 33.285	1965 m
7	13/09/2008 12:24	N51 46.164 W115 33.479	2044 m
8	13/09/2008 12:46	N51 46.419 W115 34.180	2162 m
9	13/09/2008 14:20	N51 46.875 W115 35.055	2326 m
10	13/09/2008 15:02	N51 46.736 W115 34.771	2208 m
11	13/09/2008 15:23	N51 46.585 W115 34.290	2203 m





Ya Ha Tinda Pictures submitted



TRIP REPORTS – 2 reports rec'd and published
Mist Mountain-September 27, 2008 submitted by wayuphigh

Ten intrepid hikers challenged Mist Mountain on the last Saturday of September. We had a fabulous day and the company wasn't too bad either. Giselle, Karen, Doris, Vance, Bill, Steve, Candace and Sandy, led by our club V.P. Doug left town around 6:30. With the mandatory stops at Timmy's for go-go juice and a pause to pick up our newest member Arlene, we arrived at the trailhead in Highwood Pass to boot up and hit the trail at the auspicious time of 10:10.

The inspiration for the destination (Doug's choice) was a trip last summer to Mt. Lipsett that turned into an attempt to scramble Mist. We did the east ridge approach through Nameless Valley. Among us we had varying information on the distance and elevation of the hike. Fortunately for us (but unfortunately for Willa) the distance was about 13 kms. Fortunately [again](#), the route was relatively obvious as not one of us had [been up](#) Mist before, even Bill or Steve. They should have because between them they have [done most](#) every thing doable in these [thar](#) parts. The elevation gain was 1347, not exactly as quoted; the distance traveled was not 26 kms as reported on the www.

The hike started in mixed forest, crossed a low stream, climbed to a grassy meadow. We headed north at Nameless Ridge and traveled across dry drainage to head east up assorted talus, boulders and rock bands. Most of us were scrambling at this point, When we stopped for lunch we put on all our clothes because the wind was blowing so hard. The wind continued to blow hard for the rest of the higher part of the mountain. I thought it intense.

There was a large group from Calgary on the mountain that turned around at the false summit, as did I, 100 meters shy of the true summit. Everyone else went to the top and from the hoots and hollers I heard from below [I assume](#) it was satisfying.

We made a fast descent via the south [ridge slope](#) making good time on scree. We retraced our steps at the bottom of the run and ran at various speeds back to our parked cars. [Round trip on the mountain was eight hours.](#)

In spite of the wind, in spite of Vance's minor injury, and in spite of being lapped by the "tourist" hikers from Calgary it was another great day in our amazing backyard.

Mist Mountain trip report, submitted by Doris

To my surprise, as we pulled over to park the vehicles, a number of vehicles arrived at the same time, which can only mean one thing; everyone is trying to fit in one more hike before the season is over. The weather was gorgeous, the company was ok, (as per Steve), kidding!!! We could not ask for a better day!

After removing a few layers of clothing as usual after about 15 minutes, and what appeared to be bush-whacking for a long while through very thick area of trees, we finally came across a beautifully sloped open meadow that showed its gorgeous fall colors. How soothing of a moment that felt.

An hour or so later, we are all starting to feel it's toll, the steeper it became, the slower we went, to make things more interesting we were experiencing some heavy wind gusts, Gisele nearly lost her hat, at the speed it was rolling down the mountain I'm surprised it got caught on a rock, luckily Arlene was able to save the hat.

We got ourselves into some scrambling for what felt like the longest time it, talk about a real work-out, I'm sure Candace asked for that, did you not? The higher we got, the looser the scree became, a step up and slide back, repeatedly! "The incline is also quite steep at that point, but just keep on going, one step at a time," is what I kept on telling myself!

But then the fun began for me, Karen taught me how to kick-step in the snow, now how much fun was that? I learned in a hurry how much more stable my footing was, compared to trying to balance yourself on the loose unsteady rock. I would do that again anytime.

After some major scrambling on a steep climb, still fighting the gusty winds that tried to knock us over when least expected, everyone took a well deserved lunch break on the side of the mountain, and I found myself the perfect butt-stick, (don't worry most of you won't get that one). Still a distance away from the upper ridge. Vance's fruitcake never tasted so good until then.

Renewed and full of energy, we headed for the ridge. As we reached it we were greeted with a spectacular view awaiting us. As Sandy would put it, a "delicious" view.

Looking to the west stood the summit of Mist Mountain in all its glory ready for us to tackle it. Bracing ourselves now with even more determination than ever, even with the stronger wind gusts at that west exposure, we resumed to the last of the climbing... always keeping a very close eye on the edge of that ridge.

And "HOLY COW BATMAN!" what a panoramic view that was when we summited. After all the hugs and the high-fives and the congratulations and the cheerful laughter and the "you have to step right there so you can say you made it to the very summit!" it was like yeah!!!! We did it!!!! Of course we all had to get in for the group photo by "fast bouncing Bill", thanks again Bill for the wonderful pictures.

We then started our descent, which seemed steeper than before, and had to watch for falling rocks. We managed to get a little bit of running in some of the scree, but the rocks were mostly too big for doing that, bummer! After what seemed to be a long, laborious descent, we kept to the right mainly until we hooked up back to our trail, and took the same way back. A grand total of 11 km and an elevation of 1264m (4146 ft) and we completed our day, and come to think of it I would do it all over again indeed!

Still Beaming, Doris



Mist Mountain Summit Pic

Central Alberta Mountain Club Minutes of the September 8, 2008 Executive Meeting

Attendance: Carmelle O'Shea (Treasurer/Membership), Peggy Gougeon, (President)
Jack Burns (Course Chair), Steve Irwin (Trips Chair), Doug Robson (Vice President),
Maureen McCall (Programs Chair)

Report from Executive

Presidents Report:

- North Face – new store in Bower Mall-Peggy spoke to owner & he said we could place a brochure in there when they put their bulletin board up so Doug will stop by & leave some flyers with them.
- Good feedback on trips
- Discussed too many overnight trips in a row, decided we could have a 2nd trip run if we have a trip leader to do just the day trip separate from anything to do with the weekend one that might be running.
- Discussed doing some more moderate hikes to involve newcomers as well as those who don't always want to do scrambles. With our trip leader course running & some new leaders we will probably see some lighter hikes taking place.
- Will announce elections for upcoming executive positions to take place at our October general meeting... Send out notice to Isabel to do an addendum to the September newsletter re elections for the position of President, Treasurer & Course Chair & possibly Newsletter Editor.

Vice President:

- Doug will drop off new flyer at Valhalla & remove old poster that is displayed.
- Good feedback on trips

Treasurer's Report:

- Carmelle will send out mass email to correct the dates for the Turkey Trek. s/b Oct. 24 & 25th not 26th. She will also add note about open executive positions.
- Carmelle will have sign up sheet for Turkey Trek at our Oct. 10/08 gen meeting & will discuss at meeting. Friday night group can decide on trips for Saturday.
- 73 members
- Carmelle won't be at October meeting
- Bank balance as of Aug. 10/08 was \$2959.42. Carmelle will send update to show us the current balance.

Programs Chair:

- Sept. 10/08 meeting Carmelle O'Shea will present Cycling the Cabot Trail in Nova Scotia.

- October Meeting will be Sandra McDougall from Red Deer College; Presentation will be on “Managing national parks to minimize negative bear-human interactions”.

Trips Chair:

- Maureen mentioned that there was some confusion regarding the hike to Rockbound Lake/Castle Mtn. with regards to timing etc. Steve will contact Karen to discuss.
- Trip Leaders are to contact Steve Irwin prior to leading their trip to arrange pick up of the first aid kit.
- Steve would like to purchase trip leaders kits (2). Estimated cost would be around \$200.00 /ea. Will make a motion to have this approved at Oct. 10/08 meeting.
- Steve suggested we use the Parkland Ski Club cabinet/supplies (coffee/tea etc.) & just replenish what we use so we don't have to keep carting in the supplies for every meeting. He will discuss this with the Parkland Ski Club & get back to us.

Course Chair:

- Discussed doing the Trip Leader Course again next year & what would be the best time.
- We will discuss Trip Leader Course at March executive meeting & add to trip schedule.
- Trip Leaders Course will be mandatory for all Trip Leaders after 2010- gives 2yrs for everyone to take the course & you are not obligated to lead a trip just because you take the course.

Next General Meeting: Sept. 10/08 @ 7:30pm @ Kerry Wood Nature Centre
Next Exec. meeting date to be decided

CAMC Executive		
President	Peggy	president@camchiking.ca
Vice President	Doug	vp@camchiking.ca
Trips Chair	Steve	trips@camchiking.ca
Treasurer/Membership	Carmelle	treasurer@camchiking.ca
Courses Chair	Jack	courses@camchiking.ca
Programs Chair	Maureen	programs@camchiking.ca
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