



CAMC
CENTRAL ALBERTA MOUNTAIN CLUB

June 2008 Newsletter
www.camchiking.ca

President's report

Well folks it's great to be back in the hiking boots for another season. I'd like to thank all those that have done their first trip reports & let others know how easy it is.....I've been out on a few trips now & so far we've had to change the destination due to weather or trail conditions. The impromptu changes have been great both times & I look forward to covering the ones I missed some other time. It's been great seeing all the new faces & some of the regulars out on the hikes. We've had fairly larger (16-18) groups going out lately so I'm thinking everyone is revved up for another great season of hiking. I myself am looking forward to the summer with a lot less meetings & a lot more hands on hiking & even some biking & running in there as well. Happy trails everyone & I hope to see you out there.....

Your Pres.
Peggy Gougeon

Upcoming Events

Wednesday June 11, 2008

GENERAL MEETING 7:30 pm at Kerrywood Nature Centre – 6300- 45 Avenue

Guest Speaker Jack Burns – slides of Mount Everest Base Camp

Treasurer's Report

Carmelle O'Shea

Our bank balance at the end of May 2008 is \$2908.62

Our membership listing is growing. We now have 50 members.

Trip Reports

Mt Yamnuska by Cheryl Wide

May 10, 2008

There were 8 of us on our hike, Saturday May 10, to Mt Yamnuska. The weather was warm and although threatening to be stormy, it was nice, a little cloudy but nothing takes away from that view. We had snow up to our middles in some places which only made it even more exciting and challenging. Due to treacherous conditions we didn't go to the summit but the hike around the face was amazing. Our view from every outlook was of course outstanding. My personal favorite on the hike was the slide down the scree, and with the snow, wow, it was so fun. Our hike was not without mishaps, which of course make is all the more memorable. One of us did a little mud sliding; don't worry Frank mud looks good on you. One of us led the group a little astray (not mentioning any names) but not to worry Steve got us all on track again. All in all it was a great day, and an awesome hike.

By Sherene

Saturday, May 24, 2008 – DuckTales!!!!

10 members of the Central Alberta Mountain Club met today to brave the elements. While stopped in Cochrane to fuel up on caffeine at Tim Horton's, it was decided that the constant downpour would make the group's original destination, Heart Mountain, too treacherous. The unanimous consensus was to blame the heavy rainfall on the fact that there were two newbies with the group, Sherene and Candace. Candace had been recruited to the group by Steve. Imagine her surprise when Steve proved himself to be a fair weather hiker. Is he made of sugar, she wondered, afraid he would melt in the rain??? Luckily, Vance saved the day. In addition to bringing his fabulous fruitcake, which he shared with all, he suggested a hike nearby that no one else had done before at Powderface Ridge, near Bragg Creek. All members cheerfully donned their rain gear and set out in high spirits. Sandy wore a stunning green poncho which elicited a comment that she bore a vague resemblance to Shrek. Peggy donned a striking red poncho, oh la la! Mountain Jack was the only one smart enough to bring an umbrella, which he stated unequivocally, was only big enough for himself ... no sharing!!! Bill set out at the front of the pack and, much to the astonishment of the others, promptly began to *run* up the hill. Everyone else set a more leisurely pace, occasionally clambering over large fallen trees and stepping into the small creek that ran the entire length of the path. Frank cracked considerably fewer inappropriate jokes than usual, which makes one wonder if the rain somehow diluted his warped sense of humour!?!? Bill rejoined the group at the ridge and chivalrously offered to take a group photograph. However, he positioned the group in such a way that the wind and rain was blowing directly in everyone's faces. I guess the pictures will tell the rest of the story. (Did he say we looked pathetic? It's hard to grin when you can't open your eyes without being pelted with rain....) The group decided not to continue on to the real summit, since the wind had picked up and it was starting to rain harder, so they set out back down the mountain. Marie proved to be a good Girl Guide. She had packed an extra pair of gloves, much to the relief of Sherene, whose hands were just about ready to fall off (which would have made an unfortunate end to the trip.). Doug discovered his unintended new anti-Michael Jackson look. He pulled off his fancy new gloves and found that his hands were now stained completely black. Everyone had a good laugh at his expense and headed off to a café in Bragg Creek to warm up with a coffee.

Prairie Mountain May 31, 2008-06-08
Prairie Mountain GPS Stats

Trip Participants: 18
Distance: 7.2km
Start Time: 10:59am
Finish Time: 3:40pm
Moving Time: 2h 11mins
Overall Time: 4h 41mins
Beginning Elevation: 1515m
Minimum Elevation: 1515m
Maximum Elevation: 2210m
Elevation Gain: 695m
Moving Average: 3.3k/h
Overall Average: 1.5k/h
Trailhead: N50 52.043 W114 47.164



Prairie Mountain May 31, 2008

Grassi Lakes - Saturday, May 31 submitted by Carmelle O'Shea

I have been rather pre-occupied of late with our basement renovations, so time to hike with the club for me has been non-existent. However, when I found out at the last minute that my oldest brother was coming out west for a quick trip, we took him to Canmore for a taste of the mountains. With only a few hours to enjoy the mountains, I introduced him to Grassi Lakes hike. This is a very easy, short hike that gives you a wonderful taste of the mountains, scenery, exercise and it can easily be done in 1-2 hours. I have hiked Grassi Lakes about 5 times now, and I never tire of it.

A real treat for us was to see many novice and experienced climbers out on the rock face. They were testing their equipment. We did get to speak to a local guy and gal who this was their second time out climbing, so still getting warmed up after not climbing all winter. It was great to see them all out scaling different rock faces in the bowl surrounding Grassi Lakes. Overall it was a very beautiful day and wonderful visit with fa

Carmelle O'Shea



Grassi Lakes May 31, 2008

TRIP LEADER'S COURSE – Jack Burns

Ever wanted to know what to do if you are lost? What if you stumble into a grizzly? What are all those squiggly lines on the map? What is the secret to crossing a scree slope? What does that high streaky cloud mean for the next day? How do you deal with that individual who just can't keep up or who can't slow down? Have you ever asked yourself any of these questions either as an individual or someone leading a group?

With the Club taking on a new and dynamic approach to our trips, there is an ever increasing importance for trip leaders to be able to answer these questions. Thus the genesis for a trip leader's course whose aim is to improve wilderness skills with a particular emphasis on leadership. In years to come, all trip leaders will be required to have had this course as well as a first aid course. So if you aspire to be a trip leader or simply want to improve your wilderness skills, this is the course for you.

This course will consist of two full days of on the trail instruction, learning and practising your skills in the hiking environment and one evening of classroom work. Content will include trip administration, map reading, compass and GPS use, leadership, group behaviour, travel techniques, emergency procedures and weather. Course instructors are Steve Irwin and Jack Burns. Course dates are 7-9 PM on 17 July in Red Deer and the weekend of 19-20 July in Kananaskis. **The cost of this course is \$25.**

If you have any questions or would like to sign up; please contact either Steve Irwin at 352-2468 or Jack Burns at 392-1546.

CAMC Executive

President	Peggy	president@camchiking.ca
Vice President	Doug	vp@cemchiking.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
Newsletter Editor	Isabel	newsletter@camchiking.ca
Web Editor	Kevin	webeditor@camchiking.ca

Central Alberta Mountain Club

Minutes of the April 28, 2008 Executive Meeting

Location: Rosedale

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

Report from Executive

Vice President & Trips Chair – Still working on schedule.

Treasurer's Report: - March 31/08 Bank Balance - \$2327.26, 17 membership renewals,

- Carmelle has membership forms
- Can also be picked up at Valhalla

Programs Chair: - Maureen will be away for our general meeting in May so we will introduce Elsie & Ruth.

Group Discussions:

- Brochure has been changed so that the meeting place is not listed to prevent show & go.
- Steve will send membership forms out to leaders & pre-trip notices & will contact each leader prior to their trip to review info.
- We will have a September & October meeting.
- Trip leaders should have membership forms- can get at Valhalla or from executive member.
- Trip Leader to collect funds & new membership & get the info/cash to Carmelle within 7 days of receipt.
- Doug will email brochure info to Kevin re website coordinating with brochure.
- Brochures will be distributed at the Bistro (downtown), Collicut Centre, City Facilities, Valhalla, Kerrywood, Steve will print at his office
- It was decided we would give Craig D. a free membership for all his hard work on creating our brochure. A few minor changes & it will be ready to go.
- When we have brochure & website updated President will send out notice to all past/current members to let them know we do not meet at AMA anymore.
- Trip Leader – contact members who have signed up at least one week prior to scheduled trip.
- Trip Leader will not contact anyone on the waiting list unless there is an opening.
- Carmelle will send out trip leader email list to Steve. Carmelle will send updated membership every 2 weeks.
- Discussed 2 day trips – pre-booked-no meeting at trail head.
- Situation – weekend trips – what about going on weekend trips if you just want to hike one day & not stay @ hostel.
- What do we do if someone says they are coming & don't show up????
- Leave day trip option

- Suggested we spread weekend trips out next year
 - Newsletter – how often??? April through October. Steve will follow up for trip reports.
 - Skyline Hikers of the Canadian Rockies – Peggy to send out to members
 - Stewardship day – re adopt a trail – Peggy will try to attend in Rocky Mtn. House
 - Tuff Puff – will do trail maintenance when we go with Ramblers in September.
 - Back Road Map Books sent to club – will return as we do not want to promote ATV & snowmobile use on trails.
 - June Meeting – Jack will do presentation on Everest.
 - Carmelle will send out meeting notice to members.
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- Meeting agenda for May
 - Treasurer's Report
 - Trip leaders not members – Steve, Mike???
 - Carmelle will send out notice to leaders they have to be members to lead a trip
 - Executive should be paying membership fees

Courses Report:

- July long weekend – 2 sights available @ Tamarak, will be confirmed.
 - Discussed 1st Aid- St John's & Red Cross – cost involved, time??? Do we want to subsidise weekend??
 - Red Cross – 4 days – wilderness 1st aid, basic 1st aid
 - Trip Leaders should have basic 1st aid
 - Assistant trip leader – 1yr experience
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- Trip Leader plan-Jack put together times, don't work for Steve & Jack till July.
 - Should we send out email to members to see who is interested in taking training
 - Let's set date & then put it out there - \$25.00 commitment & return funds when completed.
 - Presented trip leaders training plan (proposed)
 - Steve & Jack to organize & set date
 - Jack attended initial meeting for Hike Alberta regarding park system issues – no reps on behalf of hikers, creating an umbrella organization of hikers to represent us to the government, stop use of Eastern slopes for anything but hiking
 - Various western groups in attendance
 - Not quite in agreement over membership & purpose of organizing group
 - Steering committee to determine purpose – basically Calgary based, disappointing first meeting.
 - We support having one voice for Alberta- wait to hear more
 - T-shirts – Jack will bring to next general meeting

Next General Meeting: June 11/08 @ 7:30pm @ Kerry Wood Nature Centre

Central Alberta Mountain Club

Minutes of the May 14/08 General Meeting

Location: Kerry Wood Nature Centre, May 14, 2008, 7:30pm

Welcome & Introduce Executive: Peggy Gougeon (President), Doug Robson (Vice President), Carmelle O'Shea (Treasurer), Jack Burns (Courses), Steve Irwin (Trips), Isabel Thomson (Newsletter Editor),

Report from (Vice President) Doug Robson

- Presented new brochure & distributed to members & let everyone know that they were displayed at local businesses etc. such as Valhalla, Collicut, and Rec Centre.

Report from Trips Chair (Steve Irwin)

- Discussed trip info – no guest tryouts anymore, you must be a member to hike with the group.
- Members must sign up for trips. There will be no more show & go, you must contact trip leader for the trip you would like to go on & for any info about difficulty level of trip.
- All trips will go regardless of weather, they just might be relocated.
- No running shoes allowed on scrambles-must have proper hiking boots for your own safety & the safety of others

Report from Treasurer (Carmelle O'Shea)

Bank balance as of April 30/08 - \$2613.62

- 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.
- Can also pick up membership forms at Valhalla.
- 8 new memberships tonight, 57 members – include name on mailing list for everyone

Report from Course Chair (Jack Burns)

- T-shirts are available see Jack during break to pick up your shirt. Must be paid for at time of receipt. You can still order a t-shirt if you are interested see Jack.
- Overnight trip to Tamarak – July 28, 29 & 30, Jack must know in advance to book campsite & arrange who brings what.
- Discussed philosophy – onus is on trip leader to check with ranger to see if there is any animal problems or weather issues & such
- Trip Leadership course 1st time- hoping to run annually. Will be organized by Jack & Steve on evening of July 17/08 to cover admin info July 19 & 20th – Kananaskis-weekend outdoors learning skills – scree crossing, injuries, creek crossing, apply map & compass skills, leading from front or back, weather-Saturday hike will be formal, Sunday hike will be practice skills learned. For further information if you are interested in taking training contact Steve or Jack.

Report from Newsletter Editor: (Isabel Thomson)

- Isabel has just started doing the newsletter & purchased a new computer so the first newsletter will be short & sweet as we have just started our trips for 2008.

Report from Programs Chair (Maureen McCall)

- Absent
- June Presentation will be done by Jack Burns – slides on his trip to Mount Everest Base Camp.