



Central Alberta Mountain Club

In This Issue...

| | |
|-----------------------------|-------|
| Vice President's Report | ...1 |
| Upcoming Events | ...1 |
| Treasurer Report | ...2 |
| Trip Chair Report | ...2 |
| Guest Presentation | ...2 |
| Trip Reports | ...3 |
| TV Specials | ...3 |
| Photo 50/50 | ...4 |
| Election Notice | ...4 |
| Newsletter Editor's Message | ... 4 |
| Executive Contacts | ...4 |
| Executive. Meeting Min. | ...5 |
| Summer Trip Schedule | ...6 |

**UPCOMING
EVENTS**

Wednesday, October 10th
General Meeting
7:30 pm at the Kerry Wood
Nature Centre (6300 45 Ave)

Oct. 26 – 27
Annual Turkey Trek
David Thompson Country

Vice President's Report

Peggy Gougeon

I hope everyone has been enjoying the weather and getting out there for some of the hikes. Due to time constraints I've had to change my hiking days to Sundays and have managed to get out there and enjoy the fresh air and get some exercise with a great view at the end of it all. I'm very busy with all my commitments and with our President away and everyone's busy schedule our executive has had a hard time getting together for our regular meeting for September. That being said I hope some of you are thinking of stepping up to the plate and may be interested in helping out with the executive. We could really use someone to take on the position of Programs Chair as we all work full time and have many other commitments and on its own the position of Programs Chair is not that difficult but when you add that position to everything else the executive is trying to look after it can be a bit much. The Presidents position is up for election as Michael is relocating to Canmore to start a new job and to be with his fiancé, with both these positions vacant it creates a lot more work for everyone on the executive. I hope everyone is thinking of someone that would be able to fill these positions, including you. If you want more say in what direction the club is going, what better way than joining the executive? I would also just like to remind everyone that the executive chose to accept the current positions they are in so that the club could keep going and everyone would have a place to come to and meet other like minded people who like to hike and like the option of going as a group, (this also provides safety in numbers). The executive also are members of the hiking club for the same reason as everyone else. We enjoy the friendships made along the way, the companionship, we joined because we wanted to experience the great outdoors in a safe environment where you can have fun and learn at the same time. The executive has tried to be flexible and meet the member's expectations but we can't do everything.

Vice President's Report Continued...

We are always available by phone or email or in person at the monthly general meetings and have reminded members of this, if they have any suggestions or complaints or just need a question answered. Therefore, I hope if you have an issue you will feel free to contact any of the executive so that we can be of assistance to you. Remember the executive are all volunteers and as such should be treated with the same respect you would treat any other member. If you have a complaint about anyone or how the executive operates as a whole you are free to discuss the complaint with the executive and if it is a valid complaint we will rectify the problem to the best of our abilities. I would also like to wish all the best to Michael in his new job in Canmore and I'd like to say Michael you were doing a great job and we will miss your guidance and input at our meetings, can't wait to hear about your trip. Happy hiking everyone till the next time.....

Trips Chair Report

Jack Burns

Well with the summer trip program behind us and only Turkey Trek (October 27-28) ahead of us, it is time to start thinking about the winter program. For those new to the Club, we run a reduced series of hikes/snowshoeing and skiing in the winter to keep ourselves active but not to compete with the Parkland Ski Club, which specializes in this sort of event. The Winter Trip Program will be available in next month's newsletter.

But first, Turkey Trek. Remember the hikes will be decided by the members in attendance but all leave the Shunda Lodge at 0900 on both Saturday and Sunday. At the same time, we intend to run a Trip Coordinator seminar over the two days which will include practical training as well as a hike to practice that training. To this point, the interest in the seminar has been very limited. It may well be cancelled depending on the interest shown at our next Club meeting on the 10th of October.

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.

Treasurer Report

Carmelle O'Shea

Our bank balance is \$3191.15.

Sign up sheets for the Turkey Trek are slowly being filled out. I will need more people to decide if they are coming and to please see me re: paying the fees for the one night or both nights. Hostel fees are \$18.00 per person per night. I will be collecting payments at our next meeting October 10th.

Some people have friends who wish to come along to Shunda Creek and hike with us and partake in our feast as a guest. They are certainly welcome to do that. If they wish to book their bed on their own, please phone Shunda Creek Hostel at 1-888-748-6321.

I don't think all of our spaces that we pre-booked will be taken so I cannot see a problem with them booking in under the CAMC. As always, tho, they will need to pay the \$10.00 fee to hike with the club as a guest.

Turkey Trek

October 26-27, 2007 - Shunda Creek Hostel

I have been in contact with Shunda Creek to determine when our balance must be paid for the number of beds we booked at the hostel. The balance of fees owed is due now - 1 month prior to arrival.

I had initially booked 30 beds at the Hostel, but in conversations with the Host at the hostel, they had us booked for 25 beds for both nights. I don't know how the numbers were changed, but it stands at 25 beds reserved for both nights.

According to the sign up sheets I have, a total of 13 people signed up. And I am not sure who is planning to come out for both nights and just the Saturday night. Some people have contacted me to request if their friends, spouses, etc can come. They informed me that the guests would look after booking their own spaces. Not a problem. The hostel does need confirmed numbers from us by October 12th at the latest. They are getting a lot of other bookings and need to know where we stand.

Meeting October 10th - Kerry Wood Nature Center I will need to have confirmed numbers, what nights you are booking for and complete payment at our meeting please. I am sending payment for the balance owing on 20 beds to Shunda Creek this week to finalize our payments and hold our booking. I am informing Shunda Creek that a realistic number will be closer to 15 beds for Friday

night, and 20 max for Sat night from our Group. Guests can book in under CAMC as I am sure we will not use up all those spaces from the lack of response I have received from members of the CAMC. Everyone is so busy.

Also, at the October meeting, there will be a sign up sheet for car pooling and help is needed to haul all our food out for the Turkey Trek Feast. So volunteers please!!!

If so, anyone who may have signed on for the seminar will be informed and can join the aforementioned hikes.

See you at Turkey Trek.

South-North Kananaskis Loop Trip Report

Kananaskis Country

Submitted By: Jack Burns



Although not a Club trip, I felt that it may be of interest to folks to hear more about a three day backpack that I recently did with Rene Weber. This trip will be of particular interest to those members of the Club that did the Three Isle Lake backpack a couple of years ago.

On the latter trip, participants will recall crossing over South Kananaskis Pass and then through beautiful alpine meadows to Beattie Col. From that windswept saddle we looked across the valley to North Kananaskis Pass and contemplated the possibility of linking the two passes in a three day backpack. This is the trip that Rene and I completed this September long weekend.

The trip can be described in two parts. On day one you will either work your way up to Three Isle Lake for the night, or continue over South Kananaskis Pass to Beattie Lake, as we did. Or you can work your way up to Turbine Canyon, if you wish to do

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the circuit in a counter clockwise manner. I think that the way we did it (clockwise) would be easier but both trips are well worth the day of effort as they lead you into areas of beautiful alpine meadows, lakes and canyons. Trails are well marked from the Upper Kananaskis Lake parking lot and there are excellent campgrounds at both Three Isle Lake and Turbine Canyon. Beattie Lake is wilderness camping (no facilities) but its tranquility makes it an exceptional location.

The second part of the trip, ie. connecting the two passes is not easy, not recommended and a never do again as far as I am concerned. The trail, when you can find it, is choked with willow brush and unrelenting steep either up or down. Your map using/GPS skills must be first rate and be prepared for stream crossings, at least two of them. The willow bashing is tedious, hot work which leaves you little time for the view which is unremarkable. The grade requires the use of all four extremities to get either up or down. And it is far too easy to get off trail and find yourself in even bigger difficulties, as Rene and I did on numerous occasions. That second day of the trip was simply not fun and not to be repeated.

Every group that we met on the trip that was doing either our route over Beattie shoulder or the alternative route over Beattie Col had exactly the same thing to say about the trip. At the same time, I cannot say enough about the beauty of both Three Isle Lake and Turbine Canyon. These are well worth doing and may be part of a Club trip next year.

TV Specials

Champions of the Wild: Siberian Tiger
Thursday October 4, 8:30am, OLN Ch 44

Don't Forget Your Passport: Switzerland
Friday October 5, 8pm, OLN Ch 44

Hiking the Juan de Fuca Trail
Saturday October 6, 7:30pm, OLN Ch 44

Nature: Andes Mountain Range
Monday October 8, 1am, KSPS Ch 16

October Guest Presentation

This month's guest presentation will be a continuation of Sylvia Baran's on food preparation for backcountry hiking.

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!



Sylvia Baran was the winners of the Photo 50/50 contest in September. Sylvia's photo was taken in Washington State near Sequim on the Dungeness Peninsula.

Newsletter Editor's Message

Just to let you all know, our CAMC email addresses are now working up to standard. I would greatly appreciate all emails sent to this email address. Thanks! And as always...anyone interested in having their stories, thoughts, recipes, pictures, etc in the next newsletter, please forward them to newsletter@camchiking.ca no later than:

Friday, November 2nd, 2007

Election Notice

- This is a notice that an election will take place at the October General Meeting to fill vacant Executive positions. The positions up for election are President and Programs Chair.

CAMC Executive

| | | | |
|----------------------|-----------------|---------------|--------------------------|
| President | Vacant | | |
| Vice President | Peggy Gougeon | 340-1916 | vp@camchiking.ca |
| Trips Chair | Jack Burns | 346-7127 | trips@camchiking.ca |
| Treasurer/Membership | Carmelle O'Shea | 342-6157 | treasurer@camchiking.ca |
| Courses Chair | Greg Olson | 505-0751 | greglolson@gmail.com |
| Programs Chair | Vacant | | |
| Newsletter Editor | Raeanne Ball | | newsletter@camchiking.ca |
| Web Editor | Kevin Henshaw | (780)417-1251 | webeditor@camchiking.ca |

Central Alberta Mountain Club

Minutes of the September 2007 General Meeting

Location: Kerry Wood Nature Centre, Wednesday September 12, 2007, 7:30pm

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

Report from Vice President (Peggy Gougeon)

- Informed everyone about Michael giving notice that he has resigned as President of CAMC effective September 30, 2007. He will be relocating to Canmore.
- Announced election to fill vacant executive positions to be held at our October General Meeting.
- Reminded everyone about the photo contest

Report from Treasurer (Carmelle O'Shea)

- Balance of bank account as of Sept. 10/07 = \$3123.00
- Discussed Turkey Trek - October 26-27, 2007. We have already booked for 35 beds - due to cost involved we would like people to sign up as soon as possible so we can get an ideal if we need to book more or less beds. For more info contact Carmelle. Cost will be \$18.00/per night. The theme for the Saturday evening potluck will be old fashioned formal. The club will pay for the staples for Saturday evening potluck such as turkey/potatoes/ dressing, etc. There is a sign up sheet for the Turkey Trek as well as a sign up sheet for what you would like to bring for the potluck.
- Mentioned executive email if anyone had questions.
- Encouraged members to think about the open positions on executive. We need people to step forward, the same people can't do everything.

Report from Trips Chair (Jack Burns)

- Encouraged members to think about stepping up to the plate and filling our vacant executive positions.
- Nigel Pass this Saturday September 15, 2007 – Jack is Trip Coordinator. We still need a trip Coordinator for Rockbound Lake, September 29, 2007 hike, if Jack did not have someone step forward before the end of the meeting he would have to cancel this weekend.
- Encouraged members to sign up for our annual Turkey Trek.
- This is the last evening for you to sign up to purchase a t-shirt. Jack will take the order into Valhalla Outfitters on Friday.

Report from Course Chair (Greg Olson) Absent

Peggy introduced guest speaker – Jack Burns - presentation on emergency preparedness.

Break

Winner for the 50/50 photo contest. Sylvia Baran

Jack did a great job with his presentation and provided handouts such as emergency checklists and preparing for the unexpected.

Meeting adjourned at 8:30

CAMC 2007 SUMMER TRIP SCHEDULE

| Date | Trip | Type | Coordinator | Reference | Notes |
|-------------|--|--------------|-------------|-----------|-------------------------|
| Oct 26 – 27 | Turkey Trek David Thompson Country | Day Hikes | | | Nordegg Youth Hostel |

1. Most day hikes will depart from the AMA parking lot in SouthPointe Common at 6:30am. Please contact the hike coordinator to confirm time and place.
2. Distances are one way distances. To convert to miles, multiply by 6.
3. Elevation is height gained from low point in the hike to high point. To convert to feet, multiply by 3.3.
4. Note that all scrambles are rated “easy” in the Scrambles book.