



CAMC
CENTRAL ALBERTA MOUNTAIN CLUB

September 2008 Newsletter
www.camchiking.ca

Note from the President

Well summer sure has flown by fast; I hope everyone has some good hiking stories to tell. I've been on quite a few this year & some have been quite the challenge, helped me stretch my limits a little as far as exposure goes, I'm getting a little braver in my old age. It was great to see some of you out on the hikes, from what I've heard the majority of the hikes went according to plan & some of them at the beginning of the season had to be redirected due to water levels or rain & some because of other reasons. It has been a year of growth & redirection for the club & we are still ironing out the wrinkles but we're a work in progress & are open to suggestions. If you have any suggestions or future trips you'd like to see the club do, let the executive know & we'll try & work it in. We have our meeting coming up already in September so feel free to bring ideals/suggestions or pictures from past trips to share with everyone. I look forward to seeing you all. Just a heads up to everyone as well we will be looking for someone to fill the President's position at the elections this year as I have decided I need some down time to enjoy my grandson & personal hobbies.

Happy Trails
Peggy

Wednesday September 10, 2008

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

Carmelle will be making a presentation about "Cycling the Cabot Trail" in Nova Scotia

October CAMC Mtg speaker - Sandra MacDougall (see bio below)

Oct 8/2008

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.

Treasurer's Report

Carmelle O'Shea

Our bank balance as at August 31, 2008 stands at \$2959.42.

We had 2 new members join in August making our membership total 71.

Turkey Trek – October 25-26, 2008

I will have a sign up sheet at the September meeting for those attending the Turkey Trek to sign up for what type of dish they are bringing to add to the meal, appetizers, salad, or dessert. I will also be looking to recruit about 3-4 volunteers to help cook the turkey, prepare the veggies and keep an eye on the kitchen. Whoever volunteers to prepare the meal, can still go on a shorter day hike as long as they are back at the hostel early enough to get the dinner going. Please note that those who cook the meal do not have to clean up. All the ones who went out for a full days hike and come back to a cooked meal get to do the clean up of the kitchen. Fair enough?

I would like to remind everyone that the club will NOT be pre-booking the Shunda Creek Hostel. Members have to call and book their own beds. You can book for both the Friday and Saturday nights – October 25th and 26th, or just book in for Saturday, October 26th. However, if you only plan to come out on Saturday, and you plan to hike that day, you must be at the hostel no later than 8:30 am. Trips leave between 8:30 – 9:00 am as a rule.

Call toll free 1-888-748-6321 or 403-721-2140
Or go online to www.hihostels.ca/shundacreek.

The fee to stay at the hostel per night is \$24.00 plus tax for non hostelling members. There are 47 beds in total at the hostel. I recommend calling to check what their policy is on cancellation of individual bookings as these rules may differ from group bookings.

No sleeping bags are permitted at the Hostel. They provide sheets, pillows and blankets. Check in time is 4 pm – 11 pm. Check out time is 10 – 11 am.

I would like to get an idea of how many members are planning to attend the Turkey Trek weekend so I know how big of a turkey to get.

Please email me or call me once you have booked yourself in.

A reminder too - I will not be at the October 8th General Meeting, as I will be away on holidays.

I will be going to the Shunda Creek Hostel for the Turkey Trek weekend, and will be looking after getting the turkey, ham, and main parts of the meal, ie potatoes, veggies, buns, etc.

Another reminder.....

Even though my name is on the trip schedule for the Turkey Trek, I will not be organizing the hikes that go out that day. In fact, I have not even been on any hikes this season and therefore, have not had time to look up any hikes in the Nordegg area.

There will likely be a brain storming session on the Friday night at the Hostel to plan where the hikes will be taking place on the Saturday. Please don't be relying on me to plan out any hikes.

Carmelle O'Shea – Treasurer, CAMC

Note about Leadership Course held in July

Leadership Course held July 16 th-20 th, With Steve Irwin and Jack Burns as Instructors, my time was well spent. Both instructors gave a very professional and well planned and executed course. With the skills and humour that both Steve and Jack put into their teaching style made the weekend course an enjoyable time. I highly recommend that sometime within the span of your personal hiking years you take the course. You will come away with more confidence and skills for you safety and enjoyment while hiking with the CAMC.

Karen Riley.



McGillivray Creek Hike August 9, 2008

TRIP REPORT!

Iceline Trail, Yoho National Park, August 23, 2008

Submitted by Lauren Baldwin

Almost 4 years ago this weekend to the day, me, Kevin, Adrienne and I traveled to the Yoho Valley during the National Park strike. We completed (and repeated) almost all of the main trails in the area during our rainy – and sometimes snowy - weekend. We never made it to the Iceline and I've been looking for an opportunity ever since. With Kevin away with the guys for the weekend and this trip on the schedule there was no way I was going to miss!

Karen mixed things up a little bit by planning this as a weekend without all the camping gear. Instead we stayed at the Whiskey Jack hostel at Takakkaw Falls so we could get a good sleep before and after our 21.1 km trip across the moraines of the Emerald Glacier and down the Yoho and Little Yoho valleys. It was a great hike and a wonderful weekend! Ken, Karen, her cousin and new CAMC member, Jane, and I had a great time and were happy to share our back country with a great number of Europeans staying at the hostel. Our roommate Peter was from the UK and nearing the end of his 9 month trip around the world. He was heading in the same direction as us so we ended up hiking with him for the entire day. There were many interesting stories and lots of great food.

Twenty kilometres was quite the haul for one day so I'd definitely recommend the overnight on either side if doing this trip. For those of you who have hiked with me and Kevin over the years you know this is what we usually do but to be able to share the experience with club members and active tourists was really a treat.

I'm getting excited just thinking about a trip like this for next summer – anyone interested in staying at the Mt Edith Cavell Hostel for a trip to Verdant Pass (trip 21 in "Don't Waste Your Time in the Canadian Rockies, version 5)?



Iceline pics submitted by Lauren



CASCADE MOUNTAIN-August 29, 2008

Submitted by wayuphigh

The September long weekend hike was for Cascade Mountain. We would decide on a destination for Sunday depending on weather and interest

Fourteen members gathered in Canmore the night before to get an early start for Saturday's hike .We went to bed in a fullout downpour. The weatherman's forecast was for a high of 14 and amazingly we had clear and sunny skies and 4 degrees to start the day. A pleasant change from hiking in temperatures in the 30's and bonus no rain.

Two more hikers met us in the parking lot at Mount Norquay.

The trail was in perfect condition and the group moved en mass to the amphitheatre.

The views on the ridge above the amphitheatre were worth the effort to walk up or the gas money depending on how you rate that kind of thing.

We stopped for lunch on the first down climb. Some hikers turned back and the rest of the group continued to the summit. We had little bits of frozen precipitation fall on us while the sun continued to shine.

The trail was busy; we met two other groups from Red Deer on the trail that day. The total elevation gain for Cascade is 1600 metres due to the dip in the trail at the beginning and the down climb bit. The distance is 20 k return.

The group returned to Canmore at 7 pm and fell hungrily to the task of preparing dinner. We congratulated ourselves on our ability to hike and cook so well. A full day in the mountains and a belly full of food called most to bed at a respectable hour. The report was that snoring was minimal.

We woke to snow and more snow falling. Some hurried back to Red Deer and the remaining hikers took a short walk towards the park gate on the Benchlands trail.

RECIPE

Peanut Butter Crispy Bars

3 tbsp. margarine

10 marshmallows

¼ cup creamy peanut butter

6 cups crisp rice cereal

In a large saucepan over low heat, melt margarine. Stir frequently until melted completely. Remove from heat & stir in peanut butter until dissolved. Stir in rice cereal until completely coated with marshmallow mixture. Spread mixture into a 13 x 9" pan lightly coated with non-stick cooking spray. Press mixture into pan until firmly packed. Let cool completely. Cut into 24 bars.

These are great for kids when they're heading off biking or soccer practice & great for when we're hiking.....

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