

CAMC

Central Alberta Mountain Club

Year in Review

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UPCOMING CAMC EVENTS

Wednesday, January 9th
General Meeting
7:30 pm at the Kerry Wood
Nature Centre (6300 45 Ave)

Jan. 12
Goat Creek, Banff National Park
X-Country Skiing

Jan. 26
Pocaterra, Kananaskis Country
X-Country Skiing



Treasurer Report

Carmelle O'Shea

Our bank balance at the end of December 2007 after the invoice for the CAMC T-shirts was paid is \$2484.49. The financial statements for the previous year will be available at the General Meeting on January 9th, 2008.

I hope that everyone had a wonderful Christmas holiday. I flew to Halifax, Nova Scotia for a wonderful Christmas with my family. Sorry that I missed the Christmas party. I hope everyone who attended had a fun time. If anyone has any invoices for purchases made for any CAMC business, ie the Christmas party, etc please get in touch with me and I will be happy to reimburse you.

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.

Upcoming Events



The 2008 Alberta World Cup will be North America's only World Cup race. There will be four cross country ski races (female and male in pursuit, sprint classic, free technique and sprint free) held at the newly refined Canmore Nordic Centre in Canmore, Alberta January 22 through 26.

For more information see their website:
<http://www.albertaworldcup.com>

The Best of Banff Film Festival



The Best of Banff Film Festival will be held this year on Thursday January 10 and Friday, January 11 at the Red Deer Memorial Center starting at 7:00 pm. For those members of the CAMC who are volunteering please be at our booth in the main foyer at the Memorial Centre by 6:00 pm. Carmelle will have our info booklets to hand out to anyone who is inquiring about the club, as well as draw ballots for prizes that we will be giving out both evenings. We need to have a couple of members to answer questions from the public about the club available to work the booth each night. So far we have Peggy and Jack available for Thursday evening, and Carmelle and Irene for the Friday evening.

See you at the Best of Banff.

Adventure Travel Show



Canada's Largest Adventure Travel Show of the Year!!

Ten Adventure Travel Experts. 42 Slideshows. Over 40 hours of exciting information on the world's most spectacular travel destinations.

Check it out in Calgary on February 9th & 10th at the Metropolitan Centre and in Edmonton on February 16th & 17th at the Shaw Conference Centre.

For more information see their website:
<http://www.trekescapes.com/wiaw08.html>

Trip Report: Mount Kilimanjaro

Kilimanjaro National Park, Tanzania

September 14 - 19, 2007

Submitted by Michael Sovereign



Day 1

At breakfast we left Momella Wildlife Lodge by land rover for a two hour drive through the most desolate country side I have ever seen. We were dropped off at base camp on the Shira Route, which is used by only 5% of those that attempt Kilimanjaro each year. An easy four hour hike, mostly up a dirt road until we arrived at the Shira Plateau. Our group of six was supported by a chief guide, two assistant guides, one cook, and 22 porters.

GPS Stats

Distance	8.9km
Start Time	1:49pm
Finish Time	5:55pm
Moving Time	3h 11mins
Overall Time	4h 06mins
Beginning Elevation	2933m
Minimum Elevation	2933m
Maximum Elevation	3512m
Ending Elevation	3504m
Elevation Gain	579m
Elevation Loss	8m
Moving Average	2.8km/h
Overall Average	2.2km/h
Starting Point	Base Camp S2 58.431 E37 11.371
Ending Point	Shira One Camp S3 00.772 E37 13.762

Day 2

We were woken up at 6:30am with tea served at our tents. Our hike included a side trip to summit Shira Cathedral. Encountered our first drizzle of rain just as we got to camp. Late in the afternoon we did an acclimatization walk up to the 4,000 metre mark and then back down to camp. Had a great supper, spaghetti with meat sauce, soup, green beans, and banana fritters for dessert.

GPS Stats

Distance	11.6km
Start Time #1	8:39am
Finish Time #1	2:15pm
Start Time #2	4:48pm
Finish Time #2	6:10pm
Moving Time	4h 50mins
Overall Time	6h 58mins
Beginning Elevation	3504m
Minimum Elevation	3504m
Maximum Elevation	4002m
Ending Elevation	3898m
Elevation Gain	498m
Elevation Loss	104m
Moving Elevation	2.4km/h
Overall Elevation	1.7km/h
Starting Point	Shira One Camp S3 00.772 E37 13.762
Ending Point	Shira Hut Camp S3 03.284 E37 16.580



Day 3

Not a good picture day. Most of the morning was spent hiking in the clouds and it rained. The weather forced us to scrap our plans of climbing the Lava Tower, but when we arrived the porters had put up the kitchen tent for us so that we could get out of the wind and rain to eat our lunch.

Thankfully after lunch it started to snow so that at least we weren't getting as wet. We then descended to the bottom of the Great Barranco Valley, which is a vegetative zone unique to Kilimanjaro. To assist with the acclimatization it was important for us to reach a new high point each day and then to descend to our camp for the night to acclimatize while we slept.

GPS Stats

Distance	10.1km
Start Time	8:23am
Finish Time	4:37pm
Moving Time	5h 03mins
Overall Time	8h 14mins
Beginning Elevation	3898m
Minimum Elevation	3898m
Maximum Elevation	4662m
Ending Elevation	3986m
Elevation Gain	764m
Elevation Loss	676m
Moving Average	2.0km/h
Overall Average	1.2km/h
Starting Point	Shira Hut Camp S3 03.284 E37 16.580
Ending Point	Barranco Camp S3 05.681 E37 19.739

Day 4

As we woke up this morning we got our first views of Kibo summit and the task ahead of us. First was a very slow ascent up the Barranco Wall, which was by far the most crowded point on the mountain as several routes merge into this area. And then the rains came. Eventually we gained enough elevation that it turned to snow. It was getting harder to stay motivated having to hike in the rain clouds, all clothes are damp, and it is now getting quite cold.

GPS Stats

Distance	8.6km
Start Time	8:26am
Finish Time	5:32pm
Moving Time	5h 04mins
Overall Time	9h 06mins
Beginning Elevation	3986m
Minimum Elevation	3944m
Maximum Elevation	4667m
Ending Elevation	4637m
Elevation Gain	723m
Elevation Loss	30m
Moving Average	1.7km/h
Overall Average	0.9km/h
Starting Point	Barranco Camp S3 05.681 E37 19.739
Ending Point	Barafu Camp S3 05.966 E37 22.743



Day 5

Summit day! On the trail at 12:30am by head torch. Thick ice fog and a very slippery trail with the rocks covered in ice. Wore five layers of clothing. Spending eight hours hiking at altitude, forcing yourself to move at a quarter of your normal speed, and not having anything to look at in the dark other than the person's feet in front of you can make it difficult to stay motivated. Once you get over the 5,000 metre mark it is impossible not to be affected somehow by the altitude. We stopped to watch a stunning sunrise over Mawenzi Peak. And then we arrived at Stella Point (5735m) where we rested and had some hot tea. The true summit was now in sight and we were anxious to complete our goal. At 8:48am we arrived at Uhuru Peak (5895m). We summited Mount Kilimanjaro! And the sun came out as we arrived at the summit. We spent an hour

enjoying the summit in the warm sun, taking lots of pictures with the summit sign, and of the glaciers and even Mount Meru in the distance. It only took two hours to return to camp by running down a scree slope. After a rest for a few hours we then continued our descent to Millennium Camp for our last night on the mountain.

GPS Stats

Distance	13.3km
Start Time #1	12:37am
Arrival at Summit	8:48am
Finish Time #1	11:50am
Start Time #2	3:30pm
Finish Time #2	5:12pm
Moving Time	6h 39mins
Overall Time	12h 55mins
Beginning Elevation	4637m
Minimum Elevation	3797m
Maximum Elevation	5895m (Uhuru Peak)
Ending Elevation	3797m
Elevation Gain	1258m
Elevation Loss	2098m
Moving Elevation	2.0km/h
Overall Elevation	1.0km/h
Starting Point	Barafu Camp S3 05.966 E37 22.743
Uhuru Peak	S3 04.587 E37 21.239
Ending Point	Millenium Camp S3 07.955 E37 22.328



Day 6

Finally a clear sunny day as we leave Kilimanjaro. Five hour hike consisted of 2,100 metre elevation drop. Very warm hiking through the tropical forest. Goal was accomplished so not much motivation now other than to get off the mountain and to a shower at the hotel.

GPS Stats

Distance	12.1km (estimate)
Start Time	8:49am
Finish Time	2:01pm
Moving Time	4h 19mins (estimate)
Overall Time	5h 12mins
Beginning Elevation	3797m
Minimum Elevation	1656m
Maximum Elevation	3797m
Ending Elevation	1656m
Elevation Gain	0m
Elevation Loss	2141m
Moving Average	2.8km/h (estimate)
Overall Average	2.3km/h (estimate)
Starting Point	Millenium Camp S3 07.955 E37 22.328
Ending Point	Mweka Gate S3 13.181 E37 20.469





**F I S Alpine Skiing
TV Schedule**
WORLD CUP

Mountain TV Programs

Deadly Ascent

Friday January 4, 6pm, DISC Ch 32

Swiss Rail Journeys

Friday January 4, 11pm, KSPS Ch 16

Rick Steve's Europe: Swiss Alps

Saturday January 5, 5pm, KSPS Ch 16

Hiking the Juan de Fuca Trail

Saturday January 5, 7:30pm, ACC Ch 9

Beyond Borders: Whitewater Rafting in Nepal

Sunday January 6, 7:30am, OLN Ch 44

Pilot Guides: The Rockies

Monday January 7, 10:30am, OLN Ch 44

Champions of the Wild: Rocky Mountain Badger

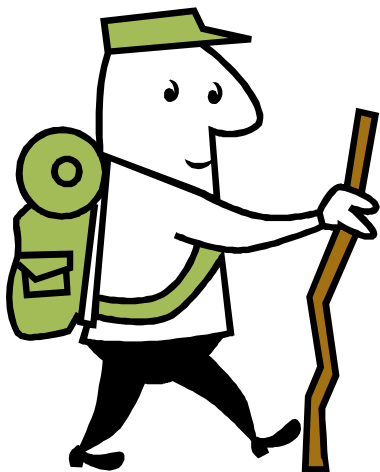
Tuesday January 8, 8:30am, OLN Ch 44

Don't Forget Your Passport: Greenland

Tuesday January 8, 9am, OLN Ch 44

Exploration: Mt. St. Helens

Wednesday January 9, 10am, OLN Ch 44



CBC TV Schedule

Sat Jan 5, 12pm, Women's Giant Slalom,
Spindleruv Czech Republic

Sat Jan 5, 2pm, Men's Giant Slalom,
Adelboden Switzerland

Sat Jan 12, 12pm, Women's Giant Slalom,
Maribor Slovenia

Sat Jan 12, 2pm, Men's Downhill,
Wengen Switzerland

Sun Jan 13, 1pm, Men's Slalom,
Wengen Switzerland

Sat Jan 19, 10:30am, Men's Downhill,
Kitzbuehl Austria

Sat Jan 26, 11am, Women's Giant Slalom,
Ofterschwang Germany

Sat Jan 26, 12pm, Men's Downhill,
Chamonix France

Sat Feb 2, 11am, Women's Downhill,
St. Moritz Switzerland

Sat Feb 2, 3pm, Men's Downhill,
Val D'Isere France



SPORTSNET TV Schedule

Sun Jan 6, 12:30pm, Men's Slalom,
Adelboden Switzerland

Sat Jan 12, 12:30pm, Men's Super Combined,
Wengen Switzerland

Sat Jan 19, 12:30pm, Women's Downhill,
Cortina Italy

Sun Jan 27, 12:30pm, Women's Slalom,
Ofterschwang Germany

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!



Bonnie Mullin was the winner of the photo contest. Her photo is of Abraham Lake and surrounding spectacular mountains, taken on the way back from Siffleur Staging area, Kootenay Plains.

Newsletter Editor's Message

Happy New Year to everyone! Hope the holidays went well for you all. Mine was nice and relaxing for the most part...just what I wanted. I had little to work with for this month's newsletter. I would like to thank Michael for taking the time to find upcoming events, TV specials and of course writing up his trip report of Kilimanjaro. It helped me out a lot. We all would greatly enjoy reading about your trips, whatever it may be. So please don't hesitate to send your report for the next newsletter (and a few pictures). Please send all emails to newsletter@camchiking.ca no later than:

Friday, February 1st, 2008

CAMC Christmas Party



There wasn't a large turnout for this year's Christmas party, but those who went had a great time and enjoyed some great Christmas treats.

CAMC Executive

President	Peggy Gougeon	340-1916	president@camchiking.ca
Vice President	Vacant		
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	Maureen McCall		programs@camchiking.ca
Newsletter Editor	Raeanne Ball		newsletter@camchiking.ca
Web Editor	Kevin Henshaw	(780)417-1251	webeditor@camchiking.ca

Central Alberta Mountain Club

Minutes of the November 2007 General Meeting

Location: Kerry Wood Nature Centre, Wednesday Nov. 14, 2007, 7:30pm

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

Report from President (Peggy Gougeon)

- Announced election to fill vacant Vice President Position will be tabled to January general meeting due to lack of members.
- Newsletter link to website - eliminate email errors and would be beneficial to people looking to join up could see what we've done and how the trips went, etc. Possible incentive to draw new members.
- Announced we will have awards night at our March meeting so that we will award the prizes for annual photo contest winner & the draw for all trip coordinators will get their name entered in a draw to win a \$300.00 Valhalla gift certificate. Members can bring snacks & we'll have a meet & greet so that incoming members can meet everyone. Watch for info in the newsletter.
- Reminder there will be no December meeting our next meeting will be Jan. 9/08.
- Reminded everyone about the photo contest

Report from Treasurer (Carmelle O'Shea)

- Bank balance as of Oct. 31/07 - \$3628.33
- Shunda Creek have still not cashed our \$300.00 cheque from Sept. 07
- Announced that the books would be audited for our year end meeting (March 2008), we are looking for someone who could do this for us.
- Shunda Creek hostel gave us 3 tickets for one free night at any hostel. If you could use these please contact Carmelle.
- Banff Film Festival – Jan. 10 & 12/08. – to be held at the Memorial Centre-shows start @ 7pm. Cost is \$16.00 + GST each evening or 2 for \$30.00 + GST for both nights. Tickets can be picked up at Valhalla or Kerrywood Nature Centre. Thursday night will be on extreme sports & Friday will be on culture. We need volunteers to man booth for CAMC before the show, during intermission and after the show.
- Announced sign up sheet for the Christmas party.

Report from Trips Chair (Jack Burns)

- Still working on t-shirts – they are in but we need to get our logo on them. Hopefully will be ready early in the New Year.
- Announced winter trip schedule
- Announced sign up sheets for Dec. 22/07 & Jan. 12/08 trips were ready

Report from Programs Chair (Maureen McCall)

- Announced guest speaker – Jay Mills from the Center for Outdoor Education in Nordegg
- Christmas Party – Dec. 15/07- see newsletter for further info or contact the executive

Break

Winner for the 50/50 photo contest. Bonnie Mullen – David Thomson Hwy.

CAMC 2007/2008

WINTER TRIP SCHEDULE

Date	Trip	Type	Coordinator	Notes
Jan. 12	Goat Creek, Banff National Park	Ski	Peggy 340-1916	Meet AMA 0630
Jan 26	Pocaterra, Kananaskis	Ski	Jack 392-1546	Meet AMA 0630
Feb. 9	Lake Louise Area	Ski	Ann 887-5302	This is a weekend trip where you are responsible for your own accommodation. Day trippers are welcome.
Feb. 23	Burstall Pass, Kananaskis	Snowshoe	Sylvia 314-0160	Meet AMA 0630
Mar. 1 2:00pm	Heritage Ranch	Snowshoe/ Ski	None Required	This is a show & go. Snow conditions will determine what is done.
Mar. 8	Ribbon Creek, Kananaskis	Ski	Carmelle 342-6157	Meet AMA 0630
Mar. 22	Shark Mountain, Kananaskis	Ski	Karen	Meet AMA 0630
Apr. 12	Barrier Lake Lookout, Kananaskis	Day Hike	Jack 392-1546	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.