



# The Chinook

Volume 39, Number 11

December 2004

The next Calgary Section Meeting is on Tuesday *December 21st* at 7:30 pm  
at the Bow Waters Canoe Club Clubhouse, 1975 - 26 Street S.E

This Month:

**Christmas Pot Luck Dinner**

&

**Hypothermia - The Cold Truth**

Dave Watt, Rocky Mountain Adventure Medicine



Highwood Pass, Pocaterra Ridge

Photo: Steve Riggs

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**Annual Christmas Potluck**

The next meeting is December 21. This is the Christmas Potluck: Doors open at 6:00, dinner's at 6:30. It's a potluck, so bring food! Pop and dishware will be provided. Regular meeting will start at about 7:30.

**ACC Calgary – Section Meeting  
Tuesday November 16, 2004**

A big Thank You Lisa Lee-Johnson for the Tramping / Climbing / White water in New Zealand slide show.

**Chair**

Bill Corbett's book launch is tonight.

Ghost Biffy – We are looking for a volunteer to go in with the delivery wagon.

- Stacey volunteered but would like to borrow a pick up truck so that she can collect and place rocks around the new Biffy location.

Next year will be the provincial centennial celebrations. There are plans in place for an Alberta Centennial Mountain Expedition:

- Planning to do 100 peaks. They are looking for volunteers to choose and climb the peaks
- The information regarding this will be put in the Breeze and the Chinook
- This is similar to the 75<sup>th</sup> anniversary where 75 peaks were climbed mostly by the ACC.

**Vice-Chair**

A cost reduction idea has been proposed:

- The Chinook is 64% of our membership revenues
- Could we consider going to a quarterly Chinook – This could save some printing and postage costs. Another benefit is that the editor may be more inclined to make adjustments and write editorials.
- Another idea is to go to the “negative option” on receiving the Chinook by e-mail. We would still provide a hard copy if people want, but the main medium would be electronic.
- Or we could keep status quo
- Plan is to get feedback over the next few months and then make a decision early in the new year.

The members can contact the exec members with comments or e-mail comments with “Chinook Proposal” in the subject line

Comments from the meeting were:

- Would we do a 2-tiered membership fee? One for electronic chinook and one for hardcopy?
- The fees are paid to cover the Chinook. If the Chinook is not hardcopy, then reduce the fees
- Make sure we don't stop sending hard copies to other sections, clubs, societies.
- The Chinook was originally intended to remind people of the section meeting. It was also used to advertise the club by dropping of copies at places like MEC, The Hostel Shop, and other outdoor focused places.
- Quarterly would not be acceptable. It is not often enough so it would not meet the intended purpose.
- Would the e-mail version impact server space and therefore costs for the web site?
- There has been a problem in the past with people choosing the e-version but still received a hard copy. This was related to National sending mailing lists sorted by postal code rather than names. This has been corrected now.

When asked if people would have an issue with just receiving the Chinook by e-mail rather than hardcopy (still issued monthly), 3 of the approximately 60 people in attendance raised their hands.

### *Budget 2005*

The '04 budget has a small surplus due to pre-paying some '04 events with the '03 budget. By using this year's surplus in the same way, we get the '05 budget in balance.

Some key expenditures in '05 will be:

\$ 7400 for training and leadership

\$ 20 000 for General and Administrative (including the Chinook)

The Ice review, Rock review, Fairy Meadows, and Section Camps all break even.

### *Climbing Committee*

The ice / ski schedule is complete. Please look at it to view the upcoming trips.

Currently the committee is concentrating on organizing the Ice review

- The first weekend after new years
- Cost is \$ 20
- Only section members are allowed to participate
- The leaders are all set up
- There is a chili dinner included on the Saturday evening
- There will be many prizes for participants.
- Information will be posted in the Breeze, The Chinook, or Contact Rebecca Haspel who is coordinating the review.

### *Ski Committee*

The Ski / Ice Schedule is on the web and has been mailed out.

The Wells Gray trip requires some participants to sign up so that the hut can be reserved.

Anyone interested, please see Jason McCrank for more info.

The committee has developed the Backcountry Intro To Skiing (BITS) Program

- Intended to give novices a gradual introduction and experience in the backcountry
- The orientation night will be on Nov 30
- See the schedule for the rest of the trips

### *Membership*

- A big warm welcome to all new members! Please go see Angela as she has section and ACC information for you.
- When people want things taken off the Breeze, you need to tell Angela.
- Let's welcome all new members and encourage them to participate in some of this seasons trips

### *Training & Leadership Committee*

Upcoming courses are:

- Ice Safety - Dec 4
- Introductory Recreational Avalanche Certificate (IRAC) – Dec 11 / 12

The New Coordinator evening is tomorrow at the COAC. There will be a second one planned for the spring in preparation for the summer season.

2005 Winter Advanced Leadership Courses – The application deadline is November 26th

For more information, please have a look at:

<http://www.alpineclubofcanada.ca/calgary/winter/wintercourses.html>

### *Collating*

Chuck Young passed around a sign up sheet for people who would be interested in helping to collate the mail outs. Come on out, it is a great way to meet other members. Collating night is usually the second Monday or Tuesday of the month.

### *Social Committee*

We are looking for a volunteer to take over as Chair of the committee. The next meeting will be the December Pot Luck. The meeting will start at 6:30 pm. The next meeting will have Rocky Mountain Adventure Medicine presenting first aid scenarios. In the new year, we will have a presentation by Chic Scott as well as Bill Corbett.

### *Treasurer*

See the section on the Budget 2005.

### *Library*

For those that have books signed out and are past due, please return them! Cam Roe reminded members that the section has a large selection of books available for members to sign out.

## **ACC Calgary Section Ice Review January 8-9, 2005**

Welcome to the 2005 Ice Review of the ACC Calgary Section! We will once again be heading into the Ghost Wilderness Area north of Cochrane, AB. We will have two days of great climbing, with leaders lined up for both days for those beginner or intermediate ice climbers who would prefer to second a rope. Most climbs are 1 to 3 pitches, although some longer climbs may be accessible depending on conditions. We will camp overnight Saturday in the Ghost and a hot meal and beer will be provided for a nominal charge of \$20. **You must be a current Calgary Section member in order to participate!** We will have a big warming tent and a wood fire. There are also many door prizes to be won that have been donated by local outdoor stores.

### **Meeting Time and Place**

We will meet in Calgary and drive out together to the Ghost Wilderness Area. As 4-wheel drive vehicles are essential for getting into the area, we are going to carpool from Calgary. We will meet on Saturday, Jan. 8 at 0730h in the A&W parking lot, Crowfoot Shopping Centre in NW Calgary where Crowchild Trail becomes Hwy. 1A. If you have a four-wheel drive vehicle that you can drive into the Ghost, please bring it along. We will sort out transportation for those who need a lift on Saturday morning. Please "check-in" with a Climbing Committee member and pay the \$20 fee at this time as well.

### **Gear**

You need to bring your own personal and camping gear. This includes dishes, lunch for Saturday and Sunday, breakfast for Sunday, etc. We will be providing chili and some snacks on Saturday night, but you may want to supplement this with your own supply of treats from the Christmas bounty! Bring your own personal climbing gear (inc. harness, helmet, crampons, 2 ice tools, 2 locking biners, daisy chain or personal sling, personal prussic (1m) and a belay/rap device. If you have some firewood to contribute to the campfire, by all means bring it too!

### **Additional Info**

This year, for the first time (again!), there will be a proper biffy installed at the campsite for your comfort and convenience by the ACC Calgary Section. Hooray! Please bring toilet paper and reading material of your choice.

If you have any additional questions, please contact Rebecca Haspel ([reba@cliffhanger.com](mailto:reba@cliffhanger.com), 275-5656). Otherwise, see you at the Crowfoot Centre at 0730h on Saturday, Jan. 8<sup>th</sup>!



**Calgary Section  
2005 Budget**

Revenues		Expenses		
Item	Amount	Item	Sub item	Amount
Grant Revenue	\$6,000.00	Leadership Training	Section Leadership Courses	\$3,200.00
			Other Course Subsidies for Co-ordinators	\$3,000.00
Ghost Outhouse Grant	\$1,500.00	Ghost Outhouse		\$1,500.00
<b>Total Grant Revenues</b>	<b>\$7,500.00</b>	<b>Total Grant Expenses</b>		<b>\$7,700.00</b>
Membership Revenue	\$14,500.00	Administrative	Chair	\$50.00
GST Refund	\$950.00		Alberta Section Meeting	\$50.00
Interest Income	\$800		Club Memberships	\$165.00
			Donations	
			TABVAR	\$500.00
			Friends of K Country	\$500.00
			Canadian Avalanche Association	\$250.00
			CPAWS	\$250.00
			Postal Box Rental	\$120.00
			Stationary	\$60.00
			Website hosting	\$600.00
			Archive Fee	\$35.00
			Bank Charges	\$85.00
			GST	\$1,224.72
		<b>Total Admin</b>		<b>\$3,889.72</b>
		Chinook	Postage	\$4,400.00
			Printing	\$3,500.00
			Postage Meter & Scale	\$610.00
			Microsoft Publisher	\$250.00
			Collating budget	\$545.00
		<b>Total Chinook</b>		<b>\$9,305.00</b>
		Committee	Membership Committee - Expenses	\$50.00
			Executive Meetings	\$330.00
			Ski Committee Expenses	\$125.00
			Bits Orientation class room rental	\$45.00
			Honorarium for crevasse and transceiver practice	\$60.00
Ski Leaders Weekend	300		Ski Leaders Weekend	\$485.00
Intro to Glacier Revenue	194		Intro to Glacier hut booking	\$194.00
			T&L Committee Expenses	\$150.00
			Climbing Committee Expenses	\$200.00
			Schedule parties	\$300.00
			Environment Committee Expenses	\$150.00

Revenues		Expenses		
Item	Amount	Item	Sub item	Amount
			Library Expenses	\$0.00
			Social Committee Expenses	\$600.00
			Rent for Monthly Meetings	\$680.00
		<b>Total Committee</b>		<b>\$3,369.00</b>
		Gear	Ropes & Gear Expenses	\$1,000.00
		<b>Total Gear</b>		<b>\$1,000.00</b>
		Program	Recognition	\$1,000.00
			Photo Competition Expenses	\$200.00
			Volunteer Party Expenses	\$1,200.00
		<b>Total Program</b>		<b>\$2,400.00</b>
<b>Total General Revenues</b>	<b>\$16,744.00</b>	<b>Total General Expenses</b>		<b>\$19,963.72</b>
Course Revenue	0	Course Expense	Rock Rescue Course	\$260.00
			New Coordinator Evening	\$200.00
			All Coordinator Evening	\$200.00
			TNF Subsidy	\$300.00
			Marmot Subsidy	\$300.00
<b>Total Course Revenue</b>	<b>0</b>	<b>Total Course Expense</b>		<b>\$1,260.00</b>
Ice Review Revenues	\$1,000.00	Ice Review Expenses		\$1,000.00
<b>Total Ice Review Revenues</b>	<b>\$1,000.00</b>	<b>Total Ice Review Expenses</b>		<b>\$1,000.00</b>
Rock Review Revenue	\$1,000.00	Rock Review Expenses		\$1,000.00
<b>Total Rock Review Revenue</b>	<b>\$1,000.00</b>	<b>Total Rock Review Expenses</b>		<b>\$1,000.00</b>
Section Camp Revenues	\$12,500	Section Camp Expenses		\$12,500
<b>Total Section Camp Revenues</b>	<b>\$12,500</b>	<b>Total Section Camp Expenses</b>		<b>\$12,500</b>
Elizabeth Parker Hut Revenues	\$720	Elizabeth Parker Hut Expenses		\$0
Wells Grey Discovery Hut	\$2,678	Wells Grey Discovery Hut expenses		\$1,990
Fairy Meadow Revenues	\$13,500	Fairy Meadow Expenses		\$9,650
		Deposit for 2006 ski camp		\$600
<b>Winter Camp Revenues*</b>	<b>\$16,898</b>	<b>Winter Camp Expenses*</b>		<b>\$12,240</b>
<b>Total Revenues</b>	<b>\$55,642.00</b>	<b>Total Expenses</b>		<b>\$55,664</b>
			<b>Deficit:</b>	<b>\$21.72</b>

\*\* Note that all camps are run overall on a break even basis - some deposits are paid in the previous fiscal year which accounts for the difference between revenues and expenses

## **Scramble: Mount Rundle**

Angela Pocsik

Aspiring Scramblers: Lisette Coolen, Ross Wilson, Angela Pocsik

Commander: Frederic Labarre

Date: September 12 2004

It is not very often that the car ride to and from the hike is as eventful as the scramble itself. In this case it was.

I'll start with the logistics. The scramble was Mount Rundle – 2949 meters. We left the Esso parking lot at 7:15am and were hiking at 8:30am. We summited at 1:00pm and were back at the car at 4:15pm. It is uphill right from the start. Half of the trail is in the trees, but there are views even in there. The technical level of the scramble is easy with no significant exposure. The summit gave a great view of inside the snow storm. A looming cloud eventually did hit Mount Rundle. It left as quickly as it came. This did not deter one from taking a quick bathroom break on the top...brrrrrr. The Vivaldi 4 season concerto has moved to Mount Rundle. We got hit with summer, fall and winter. A word of caution – there are number of alpine ducks on route. Although not dangerous, they are hazardous to your health.

Frederic was our Commander in Chief and we learned precious information throughout the day. Learning's were as follows:

1. Pacing: This is the first most important thing on a trip to prevent muscle fatigue. The pace was smooth and steady, with two strategically located breaks: the first one just after the last switch-back where the party could ponder the rest of the route and the second one just below tree line enjoying sunshine without the wind. Of course, there were many other breaks to remove or add clothing layer and drink a sip of water as required.
2. Temperature Regulation: this is the most important thing to avoid a disaster on a trip. This is achieved by 4 layers of clothing (a T-shirt, a sweater a warm layer (i.e. Fleece), and wind/rain gear (i.e. Gore-Tex) that one remove or put on in order to avoid getting hot and sweaty. Otherwise you start sweating, you loose you water, your blood gets thicker and harder to pump, your body gets more tired, thus not as able to produce as much heat; also your clothes get wet, causing increased wind-chill, and therefore lead quickly to hypothermia. All that because you didn't want to get cold by stripping a layer.
3. Multi-Tasking – Goal: Eat AND go to the bathroom AND adjust clothing AND study the next leg of the route AND put sunscreen at the same time (all within the long 10-minute break).
4. Cutting switch backs – ruins the environment by erosion, it is ugly to the eye, and sometimes it confuses one as to what is the actual trail.
5. Weather – a looming cloud nearby does not always mean “run away”. The one we encountered was slow moving and gave off no thunder and wasn't too dark.

Now the car ride back home. If there is ANYTHING in your car, Frederic and Ross will find it and will want to play with it. Frederic found a way to get his back seat down to get his food that was in the trunk. Ross and Frederic found a way to trigger the car alarm while they were left for a couple of minutes in the car without the key. Anything technical that beeped or had flashing lights in my car captured the attention of their minds. Lastly, they played dress up in the car. You see, I was

going from one spot to the next and after changing in the bathroom, I left a piece of clothing of mine in the back seat pocket a few weeks ago. I did forget about it until the 2 boys found it. Well, it was on their heads, on the back headrest, propped up for analysis...it is no longer in the back seat pocket. Also note that we stopped again at Wendy's in Canmore to restore the fat levels; this is becoming a tradition!



## **Cascade Mountain – September 26**

Eszter Simon-Berci

Overcast skies and a gloomy weather forecast couldn't dissuade followers of Frederic from setting out for the Cascade summit. Thanks to Ross, dead climber stories, including chapters from "Accidents in North American Mountaineering" pertinent to the days destination were covered between the Esso station (7:15) and the trailhead (8:45), so we could head out without delay.

First find – a question for the next mountaineering trivia contest: "name scramble starting with a sustained downhill" – you got it!

Chatting our way cheerfully through the hum-drum approach to Cascade Amphitheatre, we soon gained the ridge, rewarded by the thrill of mysterious views - opening up and closing - through the fog. By the false summit we got to apply sunscreen though and followed the trail, now snowy, to a clear summit (1:15).

It was a quiet day on the mountain, with only two other parties, three people in all to share the easy (1325 m vertical...) scramble with. It is unsettling for some of us to be passed by people in running shoes. It is not like Frederic does not encourage a healthy pace. Ross was ready with the comforting literary reference, this time "The turtle and the hare". Sure enough we had the opportunity to observe the other group missing a turn around a buttress on the descent, getting far off route, spending a lot of time, energy and needless exposure in regaining the trail – behind us. These things do seem to happen easier to all of us on the descent rather than on the ascent, despite ample cairns and the fact that the trail is theoretically known by than...

Being out with Frederic one has to rely on other peoples' lessons in mountaineering errors though. During our afternoon lounge at Cascade Amphitheatre (a new and unusual feature Frederic is introducing in his routine), distracting us from our serious efforts of acoustic testing of the cauldron, here is another group going exactly where the guidebook says not to go! A form of research? It was a relief not to be reading about them in the paper next day.

Our group was back at the trailhead in great spirits by 5:15 and only a few minutes later at Barpa Bill's in Banff. This might be the beginning of a new tradition, along with other gastronomic adventures like corn on the cob, tomatoes and cucumbers as trail snacks discovered that day.

Let us end this outing, one of the last for the year, with celebrating our trip leaders, who have been so generous in sharing their spirit, judgement and insight with us. Thank you – and here is to another great season!

Trip participants: Frederic Labarre, Angela Pocsik, George Thompson, Ross Wilson, Eszter Simon-Berci

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## **Safe Travel Rituals**

Allan Main

Recently there was a fine workshop put on by the Canadian Avalanche Association at the U of Calgary, and I want to share a small portion of it with you. Bruce Temper is director of the Forest Service Utah Avalanche Center and presented these ten points as a primer on staying alive. They are not all inclusive and they are not so rigid that they don't change over time. They may not be the only things you want to keep in mind in av country, but they do come from a man who is still alive after decades of working with avalanches and traveling in av country.

### **10 Commandments of Safe Travel Rituals**

1. Thou shalt travel across suspect slopes one at a time
  - Corollary 1. If you are not actively crossing the slope, Make sure you are out of the way of the run out zone
  - Corollary 2. NEVER travel above your partners)
  - Corollary 3 It may be necessary to split the large team into smaller teams
2. Thou shalt always plan an escape route
  - Corollary 1. when traveling in suspect areas, keep your speed up
  - Corollary 2 if going slowly, stay high on the av. path
3. Thou shalt never go first
  - lob other stuff onto the slope ( rocks, break off a cornice onto the slope)
4. Thou shalt never trust a Cornice
  - they will break off further back than anticipated.

5. Thou shalt be Obsessed with the Consequences  
what is below you?  
what is the slope connected to (is it part of a larger [complex] slope)  
start small – test smaller slopes first (as you travel towards the larger slopes)
  
6. Thou shalt communicate with your Group  
there is a certain Wisdom of the Crowd that can slow overly hasty actions  
make a plan for your day/trip  
make sure all know the plan
  
7. Thou shalt Travel Gently, Travel Fast  
Don't force a route; listen to the terrain tell you the route  
Spread out the body weight on snow surface  
order of preference = boots , snowshoes , skis, snowmobile
  
8. Thou shalt use a belay rope when working near a Cornice  
it may be suitable to use a fairly small rope such as 7 mm
  
9. Thou shalt Use the Right Equipment  
shovel, transceiver, probes, inclinometer  
extra batteries  
releasable binding  
remove wrist straps from ski poles
  
10. Thou shalt always be mindful of the Terrain,  
Corollary 1. Thou shalt always be mindful of the **TERRAIN**,  
Corollary 2. Thou shalt always be mindful of the **TERRAIN**



**For Sale**

Digital projector, Compaq MP1400, in good condition, nice image, super VGA resolution, connect to your laptop or computer, \$800.00. Call Orvel at 932-2800 or orvel2@yahoo.com.

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**ADDRESS CHANGES:**

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NO CALLS AFTER 10 PM IS THE POLICY OF THE SECTION, THANK YOU

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**Chinook Submissions:** Any article relating to the Club or the mountains is welcome. Please send submissions as an email attachment to **chinook.ed@3web.net** before the 28th for the next months issue. Microsoft Word documents (Arial font) work the best. Submissions become the property of the Alpine Club of Canada and are subject to editing.