

Snow Walkers Gazette

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APRIL , 2004

Message from the President

Just under the deadline again...The sun was blazing today with the temperature around 20 degrees (above). Thoughts start to really center around mountain scrambling, water activities (other than bathing) and

the more sedate but pleasant activity of gardening. Actually by the time you



read this, it may be back into winter again, but that's Spring in Alberta, and Summer in Alberta, and Fall in Alberta. But I digress, it's also time that the club winds up winter activities with the April meeting, and also elects a new executive. You know, those passionate campaign speeches from the stump, those wild election promises, and finally those agonizing, nail biting moments before all the ballots are counted and the new executive is revealed. Right now you're probably wondering just exactly what kind of hamburger helper I ingest, but humor me, it's the excitement of those

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Thanks to
Dow Chemical
for
photocopying this
newsletter

Parkland Ski Club General Meeting

April 13, 2004

at 6:00 pm sharp

Pioneer Lodge

Annual General Meeting
and Pot-luck Supper



Parkland Ski Club Officers for 2003-2004

President: Patrick Gleason	227-1164	pgleason@chinooksedge.ab.ca
Vice President: Mike Carley	346-2146	pcarley@telus.net
Treasurer: Claude Sam	342-2069	nsam@telusplanet.net
Secretary: Nicole Sam	342-2069	samclaud2@aol.com
Mt. Tour Chair: Mike Spencer	346-2685	iluvused@telusplanet.net
Publicity: Karen Weisgerber	887-4028	klweisgerber@hotmail.com
Day Tours: Barb Coulter	346-7096	barlou1@telus.net
Newsletter: Don Wales	343-2937	donmarie@telusplanet.net
Social: Carol Lindner/ Brian Davies	227-4409	bcdavies@telusplanet.net
Webmaster: Dick Pawloff	347-3658	dpawloff@telusplanet.net

Parkland Ski Clubs AGM on April 13, 2004

*"You're just jealous
because the voices are only
talking to me !"
Prof. Lipstand*

Social Directors Carol and Brian are hoping for a good turn out for the Parkland Ski Club's AGM at 6:00pm sharp on Tuesday, April 13, 2004. Bring enough food for 4 more people than are in your party. They also remind you to



bring plates, cups, and cutlery. Please bring hot dishes hot and insulated as there is limited capacity to heat food. Tea, coffee, and juice will be provided. This is always a fun meeting and a great way to wind up the ski season. The breakdown for bringing food is:

- **A– M bring a main dish**
- **N-R bring a salad**
- **S-Z bring a dessert**

The AGM is at Pioneer Lodge which is on the corner of 47 Ave and 44 St.. Across from Heritage Square and Rec. Center Park. See you there.

Thanks to the Day Trip Leaders



My thank you to all the Sunday Tour leaders who had the snow/weather conditions to actually hold their event and to those who made plans but were thwarted by the conditions. So thank you to **Don Wales, Brian Davies, Carol Lindner, Mike Spenser, Pat Gleason, Bob Johnstone and Lucienne Partridge**. Sunday tours were held this year at **Jarvis Bay, River Bend Trails, Innisfail (Napoleon Lake area), and the Kevisville trails near Raven**. It should also be noted that goodies, mulled wine and brunches rounded out many of the Sunday tours. So thank you for the caring and the work done to entice new folks to come and check out the club. Hopefully next year we will have great snow and more Sunday Tours. **Barb Coulter**

FEEDING STATION FOR WOODY'S RV WORLD MARATHON & HALF MARATHON SUNDAY MAY 23

The club has participated in providing one of many feeding stations for this very popular running event. Our feeding station is at the boat launch area at River Bend Golf and Recreation Area where we hand out drinks, first aid and lots of encouragement to the marathon runners many of whom are getting tired by this time. Five volunteers are needed and we can choose a theme to dress for which always adds to the fun. The hours are from about 8am to 11:30am. All volunteers receive a T shirt and can get goodies back at the finish area. If you would like to volunteer call Bob Johnstone 346 8775.

“Stress is when you wake up screaming and realize you haven’t fallen asleep yet.”.

Prof. Lipstand

Definitions

These definitions may come in handy when going on a Parkland Ski Club ski Trip (or not):

Doltergeist: a spirit that decides to haunt someplace stupid such as the Mosquito Cr. Outhouse

Sarchasm: the gulf between the newsletter editor’s sarcastic wit and the recipient who doesn’t get it

Dope-ler effect: the tendency of stupid ideas that emerge in the ride out to the mountains, to seem smarter when they come at you rapidly

Glibido: all talk and no action (usually heard at Ski Club meetings)

Reintarnation: being buried in an avalanche and coming back to life as a hillbilly

Hipatitis: terminal coolness

Karmageddon: It’s like, when everybody is sending off all these really bad vibes, right? And then, the Earth explodes and it’s like a serious bummer, dude

Intoxication: euphoria at getting a refund from Revenue Canada, which lasts until you realize it was your money to start with. (appropriate for this time of year)

Jackasses Jog up Joffre Just Because by nod selwa

If we had known what we were in for over the next three days we would have chained ourselves to the log furniture in David Carley's palatial condo in Canmore. Instead, like lambs to the slaughter, we set out from the Interlake parking lot across 4 km of Upper Kananaskis Lake to the mouth of Hidden Lake. The pulk pansy's were in full force with David with his black pulk (he says it makes him look slimmer), all the Sams with their snot green pulks, and Mike with his effeminate pink. We found Hidden Lake (so I guess it's not hidden anymore) and stashed the pulks (we should have burned them) About this time the winning began as the route took us up a steep slope complete with deadfall while we were alternately pounded with wind, short snow squalls and the odd "sucker hole" of sunny weather. By now, David Carley's condo was looking real good but our trip leader Brian did what any good leader does; he told us to shut up and suck-it-up. The route got steeper but Brian had brilliantly scouted it the weekend before. After more climbing and several hundred kick turns we made it to the flatter and more open forest of the sub alpine. We arrived tired at the designated campsite at Aster Lake chosen because of its proximity to a biffy, which was a condition that Nicole had imposed on us. The joy of snow caving is that, even though you are exhausted from humping that equipment up a couple of thousand feet, you still have to dig and move several million metric tonnes of snow. It was dark when we finished. The cooks are outside preparing hot drinks and meals while the moles are in the caves soaking wet. Our cave creaked, groaned and settled ominously but we were assured by our resident engineer that only half of the party would be buried alive in the night.

*“ If you can't dazzle them
with brilliance, riddle them
with bullets.”*

Prof. Lipstand

The dawn broke clear and bright as we headed for Mt Joffre. White-out Wales was suffering from acute "White-out Block" and the weather remained clear and calm. And we did it!!!. After much winning, sphincter tightening and wheezing we all made it to the top of 11,300 ft Mt Joffre. Getting down was another matter. Rubber legs do not support telemark turns through breakable crust so it wasn't until 7:00 pm that we arrived back at the cave tired but happy. Supper was under a brilliant display of stars. The next morning was also clear as we skied down. Recent snowfalls made the descent easier than it could have been but still a major challenge. The long trudge back across the lake was interrupted by sharp cracks and ominous popping noises that scared the be-jeavers out of most of us. Climbing a peak the size of Joffre is no mean feat and it is to the credit of Brian, our trip leader, Mike the assist and our resident ice climber and structural engineer, Dave. Thanks to Nicole for keeping our language cleaner and for digging out the outhouse and thanks to Claude for his positive spirit despite adversity and for melting all that snow and making all those drinks and meals.



Waxing Made Difficult (mystifying something that is quite simple)



Where to stick it ! On the bottom side on the skis, dummy!

Tip	binding	tail
glider	kick or grip wax	glider

Why ?

Most of the grip takes place under the foot and forward to the tip. Grip waxing the tail does little or nothing.

Glide wax protects the ski base and reduces the drag of the ski on snow somewhat. Because most telemark skis lack camber (the bow of a ski) glide waxes are not critical.

How to apply glider and base binder

1. Clean off all accumulated wax, dirt, dead mice, spruce needles and moose poop with a plastic scraper. Remove remainder with citrus wax remover but let solvent evaporate before attempting to add new wax.
2. Melt and drip on any glider to the parts of the ski shown above. (purple is good). Spread evenly and let cool slightly before scraping most of it off with a plastic scraper
Crayon on a thin layer of base binder under the foot and up toward the tip allowing it to cool before adding any other wax.

That was easy. Now you are ready for the whole winter depending on how abrasive the snow is or how much skiing you do. You may only have to do this once or twice a year.

Applying the wax of the Day

Wet your finger, stick it in the air and if ice forms on it you need a cold wax. Alternately, stick your tongue on a metal object and if it sticks you need a real cold wax and some medical attention. Better still use a wax thermometer, car thermometer, or rectal thermometer (you can tell the difference between a rectal and oral thermometer by the taste). You can also get an idea of the temperature from the web or weather reports. (continued on page 8)

*"If you are going to be late
for a tour, then be late and
not just 2 minutes– make
it an hour and enjoy your
breakfast*

Prof. Lipstand

Building Walkable Communities with Dan Burden

Red Deer is fortunate to have **Dan Burden** an international authority on helping communities become more walkable and bicycle friendly visit on **Wednesday April 21**. People from your community have a couple of opportunities to hear him either at a luncheon [to register see the club web site] or Evening Public **Talk 7PM-8:30PM** at the Snell Gallery [downstairs] at the Red Deer Public Library 4818 49 Street
Topic: Review of walking and biking initiatives throughout the world/principles for biking walking/lessons we learn from successful communities/observation on Calgary/Red Deer
Format: lecture with questions after
Sponsors: City of Red Deer, Environmental Advisory Board

South Burstall-Spray River Trip-March 6&7, 2004

by Brian Sam

Participants: Brian, Claude & Nicole Sam, Mike Spencer, Cordula Ritsch & Dave Rideout. Tour led by Brian and assisted by Mike.

Summary: The trip consists of skiing from Mud Lake (Burstall parking lot) to Shark Mountain x-country ski parking lot. The guide book indicates it is a 40 km trip; however, we have concluded it is probably more like 35 km. We camped along the Spray River near the turn off to Lemna Lake. The Spray River valley is wide and the trail is out in the open with series of impressive summits on both sides.

Day 1

We spent Friday night at the Rocky Mountain Ski Lodge in Canmore. A review of the forecast and avalanche report that night indicated good conditions. Few of us enjoyed a good night's sleep. I imagine we were all anxious to get going. Up at 6:00. Left hotel at 7:15. We proceeded up the Smith Dorrien road to drop a car off at Shark Mtn and continue on to the Burstall parking lot. Fresh snow had fallen in the Spray Lakes area the night before which made the drive more challenging. Lack of proper signage (no speed limit signs/no signs to warn of curves) combined with poor road maintenance resulted in a driving control malfunction in which yours truly hit a snow bank on the Shark

Mountain section. Fortunately, Mike S. had his trusty and well used tow rope. The car was rescued and after a brief delay, we were on our way to start our trip.

Having adjusted our packs and tied them into our pulks, we started our trip at 8:45. The ceiling was low and visibility was poor (conditions typical in a Chinook). We pressed on towards the headwall to begin the climb towards S. Burstall Pass. The warm temperatures and sticky conditions allowed us to climb the steep section of the headwall without wax. We lunched in the trees below North Burstall Pass avoiding the windy conditions usually present at the pass. A trail had been broken by an earlier party up to that point. Upon resuming our climb up the last 2 km towards the South Pass, the wind was howling with visibility deteriorating due to blowing snow. With the raging wind and limited view at the pass, we promptly commenced our long descent down to the Spray River. With the recent heavy snowfalls and high winds, we approached the initial part of the descent cautiously. The first part of the descent from the pass skirts by a convex slope. While travelling on the flat top of that steep slope, I set off what we found out later to be a small avalanche. The remainder of our descent consisted of skiing down a series of terraces. Surprisingly, snow conditions were great with a foot of fresh powder and good consistency. Some managed to ski down for several 100 feet while dragging their pulk. I thought it clever to keep my pack on until I went face first into deep powder. I resumed dragging after that. The sky lifted during our descent and we were greeted with inspiring views of the Royal Group to the west and Mt. Sir Douglas to the south. We encountered little difficulties on the way down except near the end. Having descended too far down along the drainage, we ran into very steep terrain. We were forced to climb again and contour to find a more forgiving slope. Mike managed to find a good open line through the trees to reach the creek bed that feeds into the Spray River. Our total descent is estimated at 1,800 feet covering approx. 2 km. Skiing

*"If marriage were
outlawed, only outlaws
would have in-laws"*

Prof. Lipstand

Spray River Trip (continued)


on the flats for a couple of hours, we had hoped to reach Leman Lake campground near the river. As 6:00 PM approached, we decided to stop and set up camp along the river. As we found out the next morning, we were less than a kilometre away from the Leman Lake campground but the late hour left us little choice but to quickly establish a camp. Fortune smiled on us as the wind had died down in the valley. Mike and Claude dug a kitchen and started cooking while Cordula, Nicole, Dave and I set up the tents. Mike dug a Class A latrine. Happy to say nobody fell in during the night. The evening was clear with a full moon and a few stars. With everyone fed, rehydrated and water melted for the following day, we retired to our comfortable tents at 10 ish.

Day 2

We rose at 6:00. Mike had water boiling already as he was raring to go. We had 21 km to cover and were unsure as to how much of that distance would be trail breaking. The weather had deteriorated overnight with low clouds concealing the surrounding mountains. We started at 8:15 and followed the east bank of the Spray River hoping to find the summer trail. Whatever tracks had been set previously had long since disappeared. We were fortunate to have good snow conditions. Trail breaking was relatively easy with ankle deep penetration. 1 ½ hours or so after starting, we managed to find a ski track that was set by a group that had descended from North Burstall Pass the previous day. To my dismay, there would be no trail breaking required for the balance of the day. Having skied 5-6 km from our campsite, we arrived at the Palliser Warden cabin and found it occupied. The warden was kind enough to invite us in and allow us a break from the high winds that had reappeared. We resumed our trek for and stopped an hour later for lunch in a sheltered area.

A couple of hours later found us at the Bryant Creek junction. This is where the fun starts. An endless climb to access the Shark Mountain trails which can only be described as pure drudgery. Rather than wait for the others to catch up at the junction, Mike and I took off from Bryant Creek to ski to the end of the trail and fetch his car parked at Mud Lake. We arrived at the Shark Mtn. trail head at 4:00 ish and then left to retrieve his car. Having returned to Shark Mountain 20 minutes later, none of our party had arrived at the trail end. Rather than wait and enjoy another beer, we decided to ski back along the trail to meet the others. After a 5 minute ski, we met up with the rest of the group who seemed happy to be near the end.

Dinner was held at B.P.s in Canmore. Cordula and I arrived at B.P.s first and we expected Mike and his passengers to make their way into the restaurant a few minutes later. The minutes ticked by as we waited patiently for them to appear. Lo and behold, 20 minutes had gone by and they were still not here. As it turns out, Mike's Formula One simulation did not take into account heavy gravel. He too had a friendly encounter with a snow bank. Heavy digging was required by the occupants. Fortunately, a fellow who had just escaped an avalanche on Tent Ridge decided to stop and help our travelers. I guess he believed that helping out our party would partially repay the gods for his earlier good fortune. Thanks to everyone for an enjoyable trip! For those keen on exploring the area, I think I will lead another trip into this area but it will be done as a long day trip going over North Burstall Pass.



*“I considered atheism but
there weren't enough
holidays”
Prof. Lipstand*

Long Winded President's Report—continued

elections that get me kind of carried away. There are a number of positions available for next year's executive and I urge you to give it a try. You don't have to have experience, or expertise, just a desire to help out the club. And now this is where I come in with the clincher that will really inspire you,

"Life cannot wait until the sciences have explained the universe. We cannot put off living until we are ready. The most salient characteristic of life is its coerciveness; it is always urgent, "here and now" without any possible postponement. Life is fired at us point blank." **Jose Ortega Y Gasset** (never heard of him, either)

. Wow! I bet you can hardly wait to volunteer. Just in case that last quote didn't do it for you, here's one more,

"We're all in this alone". **Lily Tomlin**

Whoops, might have got a little too philosophical there, sorry! I hope you do seriously consider running for the executive. Its very good exercise and you will be in much better shape.

I'd like to thank this year's executive for all their hard work, **Mike Carley** who organized our NAMS or workshops. Mike also very ably chaired meetings when I was not able to attend. Our Treasurer Claude Sam who does such a very fine job of keeping our monthly expenses, treasury bills and investments in great shape, his lovely wife **Nicole** who keeps great records of our meetings and very promptly gets the minutes out to the executive. Thank you to **Mike Spencer** who has done an incredible job as Mountain Tour Director. The executive recently offered Mike the job of MOST EXALTED MOUNTAIN TOUR DIRECTOR FOR LIFE. Unfortunately Mike declined citing that his ever increasing interest in Feng Shui, and Vegan cuisine was taking up most of his spare time. **Barb Coulter** has done a wonderful job as Director of Day Tours. She has kept in touch with volunteer tour leaders and ensured that we had a good program of Sunday tours. Thank you, Barb. Thanks to **Karen Weisgerber** who worked on publicity for the club. Your efforts are appreciated.

Our Social Directors **Carol Lindner and Brian Davies** were great.

Fantastic food at every meeting, the wolf howl and the loppett. Thank you. This year was a banner year for our web page. A huge thank you to our webmaster, **Dick Pawloff** for a magnificent job. We are famous (okay, perhaps infamous) on the web. Last, but not least, the Sultan of Slander himself, **Mr. Don Wales**. Yes, the tyrant of timelines, the dictator of deadlines, the heartless headline hacker of our newsletter is letting the blood dry on his pen. Nay, I cannot say that I am heartbroken - for every retiring editor there is another writer set free from the bonds of needless editing, from the mindless slashing of brilliant prose, from the potential of magnificent metaphors, from the ... go ahead , Don, I take it ,make my day...We have been hugely entertained by this editor even though it is sadly obvious that he suffers greatly from P envy (purple, powder suit).

Thank you, Don... I mean, Sir.

Another good year of skiing, and of friendship. See you next season!

Patrick Gleason
President

*"I love animals: they're
delicious"*
Prof. Lipstand



1. Decide on a wax “system” Some suggestions are shown below.
2. Apply over base binder in thin layers; possibly 4 or 5 depending on the conditions. Gobs of wax do not allow you to climb better. They only produce more drag and make you work harder.
3. Do not re-wax until you know the wax you have on doesn’t work.
4. Allow some time (5 min.) before you make a decision to change waxes. Waxes need time to equilibrate to snow temperatures.
5. Wax for where you will be spending most of the day, not necessarily for where you are starting.

Make your wax work by sliding your foot up the hill or by using a modified side step in steeper sections. .

*Note: A well waxed ski over a typical mountain trail requires way less energy than dragging your skins. When climbing through open country, a shallower wax track is easier on your joints than a steep trail up the fall-line (unless you have heel lifts). Skins are best in very steep situations, in very deep snow, in situations where the top layer of snow is significantly different from the underlying snow (i.e. Fresh snow on top but depth hoar below) or at temperatures well above zero when no wax seems to work.

Preparing a New Ski

1. Cover the whole ski with blue or purple glider, melt it in and thoroughly scrape off all you can. Repeat 1 or 2 more times.
2. Remove all traces of glider from the grip zone using wax remover.

Apply waxes as above.

Wax Kits

- At home:** wax bench, ski clamps, workmate- whatever can securely hold your skis.
 Ski wax remover and lint free cloths (fiberlene)
 Plastic scraper, metal scraper and klister spreader/ scraper
 Old garage sale iron or electric waxing iron or waxing irons and hot plate
 Hot air gun (optional)

- On trail:** selection of waxes (see below)
 Metal or plastic scraper
 Waxing cork

Unwanted leg hair? Menopause moustache? Getting ready for the bikini season? Melt on some **klister ski wax**, cool, rip off, and enjoy.

Speaking of Klister, use only when all else fails. Dab on sparingly, spread with a klister spreader or scraper or use a wire brush or using your warm hand. It is applied only under the foot in a very short zone. Don’t get any on ya! Remove with wax remover.

Systems:

Old Swix select: special green, extra blue, extra purple, special red, extra red (Order: green, extra green, special blue, blue, extra blue, special purple, purple, extra purple, special red, red, extra red, yellow)

Old Toko select: a green, dark blue, bright blue, dark red, bright red, and yellow
 (dark waxes for old snow, bright waxes for new snow)

New Swix V20 Green, V40 Blue extra, V50 Violet, V60 Red Silver

New Toko Toko Mint, Toko Blue, Toko Viola, Toko Red, Toko Yellow

*“Never play leapfrog with
 a unicorn”*

Prof. Lipstand

There now. That wasn’t so hard was it ?

PARKLAND CROSS
COUNTRY SKI CLUB

P.O. Box 21014,
R.P.O. Bower Place,
Red Deer, T4N 2M1

Phone:343-2937
e-mail: donmarie@telusplanet.net

*The mission of the
Parkland Ski Club is to
screw up badly enough to
merit the PLG
Award....opps!...I mean
to enjoy, enhance,
facilitate, and promote
cross country skiing.*

**Check our
web site
at
www.parklan
dxcskiclub.ab
.ca**

COME SHOW YOUR STUFF!

Interested club members are invited to submit 2 photos for each category below of their most artistic ski trip photos taken within the past five years. Submissions are to be brought to the wind-up pot-luck in April, to be voted on that evening by club members.

Photos must be entered into appropriate categories under:

- Nature, (wild animals, birds, unusual natural formations).
- Landscape (Scenic vistas), *can have people in it as a reference, but not the main topic.*
- Detail (i.e. close-up or part of).
- Humor (common to all, no “in” jokes).

Submitted Photos need to have the name and phone number of the owner on the back, as well as the category of each photo, then placed under the correct label on the table.

The club’s goal is to have a showing at a local venue such as the Kerry Wood Nature Centre. For the successful submissions from the potluck, a brief write up will be requested to describe what and where.

The successful photos will need to be enlarged and framed for the exhibit. A glass and clip frame (very inexpensive) would work well and a sample will be brought to the potluck.

Club members will also be asked to submit suggestions for “naming” the exhibit. The exhibit will also include a brief history of the club. This idea will be on the agenda of the March meeting for discussion. Lorna Townell and Barb Coulter will be assisting with this project if it goes ahead.

Mountain Tours

- TL /Executive Trip. (April 3 and 4, 2004) at Saskatchewan River Crossing. 16 beds available four to a room. Contact:TL leader Mike Spencer (346-2685) (New Tour)
- Peyto Glacier (April 8-11, 04) contact Mike Spencer at 346-2685 advanced glacier travel

Thanks to all the tour leaders and assisting tour leaders for the fine selection of Mountain Tours this year. . Join the Tour Leaders and the Tour Leader Chairman in September for the planning of the 2004 -2005 ski season. If you have any new ideas for trips please bring them to this meeting.

