

Snow Walkers Gazette

VOLUME 99, ISSUE 5

FEBRUARY, 2004

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Message from the President

Sitting on the couch the other night with a finger or so of my favorite single malt, I had a number of brilliant ideas for this column. I was confident that went the moment came to sit down and begin writing that the ideas would flow. Alas, the cold reality of actually sitting down a day or two later trying to remember even one idea is now hitting me. Now I could try groveling or whining to our illustrious newsletter editor but you and I know that the Sultan of Slander is just waiting for



me to miss a deadline.

Well, let's start with a belated Happy New Year! Best wishes for a happy and healthy year with lots of skiing and adventures. Speaking of adventures, I was on my first trip of the year with the club in December. We skied into Egypt Lake, well not actually into the lake itself but to the hut by the lake. We had a wonderful Christmas dinner with all the fixings, a visit from St. Nick and symphony of snoring to lull you into dreamland. I'm not sure who was snoring but I think his initials are Mike Spencer. The next day we skied back into Sunshine and went for a wonderful meal at Mellissa's in Banff. I'm looking forward to the next trip although I have to get in better shape. Soon! Maybe even tomorrow. Next week for sure. The trip just reinforced a couple of things I had already discovered about the club-good people that offer lots of encouragement, lots of laughs, opportunities to travel around on skis in paradise, and people willing to share their vast knowledge about the mountains and about skiing. Doesn't get much better!

Patrick Gleason

Thanks to
Dow Chemical
for
photocopying this
newsletter

Parkland Ski Club General Meeting

Tuesday, Feb. 10, 2004

at 7:30

Kerry Wood Nature Center

Program:



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	nsam@telusplanet.net
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

Telemarking Trip to Canmore by Claude Sam

*"I've learned that
depression is merely anger
without enthusiasm"
Prof. Lipstand*

This trip was a late fill-in of an open weekend on the trip schedule. TL Mike asked for an expression of interest in a telemarking trip at the last meeting and advertised it via e-mail. As a result, there were six of us travelling to the Banff Boundary Lodge on Friday night, Pat, Mike and Barb, Claude and Nicole, and Karen. As the Lodge did not provide a room with twin beds as booked, we wound up in two two-bedroom units, 3 people to a unit for the price of one



unit. Thanks to Mike's negotiating skills. On top of that, staying at the Lodge entitled us to discount lift tickets at

Sunshine Village for \$45 a ticket. Some fresh snow had fallen overnight and light snow fell off and on throughout the day keeping the Calgarians at home. Snow conditions were excellent while the light depended on whether it was snowing or not. We all had enough by 4 p.m. though and went back to the Lodge for a hot tub and pre-dinners before heading into Canmore to sup at the Evvia Greek Restaurant. Greek Salads came with most of the main dishes selected so we were all pretty full up by the time we went back to the Lodge to finish off the evening with coffee made with toffee liqueur and a piece of apple pie for dessert.

It was a slow start on Sunday. After a long group discussion, as the forecast was for the day to be in the

Ski Course Update by Mike

Brian Davies will be presenting a two evening **GPS course** in **March** (dates still to be finalized). This will be a two-part introduction to GPS systems. You may take just the first night as an **Intro to GPS systems** and then continue with the 2nd night dealing with the **Navigation concepts using a GPS and map**. Note that attendance at the first night will be a pre-requisite for attending the 2nd night, as the course will build on the 1st night's concepts. With the recent snowfall, there may be more interest in a local **Telemarking course**. An instructor from the UofC has contacted the club about holding a telemark course here in Red Deer. We don't have any more info at this time, but please let me know if you are interested. If there is enough interest, we will contact him to further explore cost, dates, and course content/experience level.

And finally, please review either the club website or previous newsletters to see if there is a course described in the list that you would like to see happen. **At the current time, there isn't enough interest to warrant further courses.** We are looking for a minimum of 4 to 5 people to get a course going. **Call Mike at 346-2146** if you are interested in the GPS or telemark course above, or any other courses listed below

February to April 2004 Course Offerings

Potential courses: **Telemarking Level I and II, Mountain Weather, Repair and Maintenance of Ski Equipment, Map and Compass, 101 Ways to Ski Into a Crevasse** by Mike Spencer, **Crevasse, Self Rescue, Avalanche Transceiver Level II, Emergency Snow Shelter, Global Positioning System, Positioning your Gob... How to spit while skiing, Winter Camping, Selecting a Condo to Avoid Winter Camping- Level 1, and Standard First Aid**

*"I've learned that one good
turn gets most of the
blankets"*
Prof. Lipstand

Ski Trail Report as of Friday, January 30, 2004

- **Barrett Park.** With luck the "phantom track setter" will replace the snowed over ski tracks we have enjoyed since late Oct. This is a nice flat loop ski centrally located downtown. Great for a noon ski if you work down town
- **Heritage Ranch** Mark and Dale had the ski tracks at Heritage Ranch in excellent condition even before the new snow. Once there is a break in the weather I expect they will be nailing down the latest snow flakes and the conditions will be excellent.
- **River Bend** Track setting will be started to prepare for the Red Deer Loppet so conditions should be good for the next few weeks.
- **College/Bower Trails.** Conditions are excellent at the College with the new snow. This is a beginner/ intermediate "old style" ski area with some interesting sharp corners and short steep hills. It is a very beautiful 5 km ski loop
- **Jarvis Bay** These lovely trails will be good until the walkers get to them.

Ski Club Executive Quiz

The ski club is looking to fill several executive positions for next year. Please complete the following aptitude quiz to see if you qualify: The questions are not that difficult.

1. How do you put a giraffe into a refrigerator?

The correct answer is: open the refrigerator , put in the giraffe and close the door. This question tests whether you tend to do simple things in an overly complicated way.

2. How do you put an elephant into a refrigerator?

Did you say "Open the refrigerator, put in the elephant and close the refrigerator?" - wrong answer

Correct answer: Open the refrigerator, take out the giraffe , put in the elephant and close the door. This tests your ability to think through the repercussions of your previous actions.

3 The Lion King is hosting an animal conference. All the animals attend except one. Which animal does not attend ?

Correct Answer: The Elephant. The elephant is in the refrigerator. You just put him in there. This tests your memory. OK, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.

4. There is a river you must cross but it is inhabited by crocodiles. How do you manage it?

Correct answer: You swim across. All the crocodiles are attending the Animal Meeting. This tests whether you learn quickly from your mistakes.

Four out of four ? Congratulations. You are now a member of the executive.

" Reality is a crutch
for people who can't
handle drugs."

Prof. Lipstand

Executive Positions Available for 2004 to 2005

Several executive positions are being vacated this spring. We have a lot of fun both at the executive meetings and the general meetings and becoming a member of this elite group really gives you a greater appreciation of the club and its activities. See President Pat if you are interested. Positions available are:

President. Chairs the meetings , deals with communications, must wear a purple powder suit and generally misses the Newsletter editor's deadlines

Newsletter Editor Current editor is serving 2 years at the Bowden Medium Security Prison for aggravated plagiarism

Mountain Tour Chairman Assembles the schedule of ski trips in late fall. Makes all the bookings of the hostels, condos and huts, is the custodian of the pieps shovels, and probes ,manages the Mountain Tour budget and must drink Baby Duck.

Vice President. Looks after vices of the President but mostly organizes the club run ski related courses.

Day Tours Organizes and presents a schedule of day ski trips near or in Red Dee

Cushy Canmore Condo Caper (Continued).....

minus 20s, it was decided to head up the highway to ski around Observation Peak to be in the sun. While it was never sunny, we managed to keep warm enough by skiing uphill until lunch, cooling off during lunch and then warming up again with a final uphill bit to where we yo yo'd for the rest of the day. Conditions were variable but we managed to cut up the slope pretty well. The run back through the trees to the car was a lot of fun with the twists and turns adding just the right amount of challenge.

Another fun weekend thanks to TL Mike. Nobody even got a blister or even a hangnail. However, Mike's plan to leave his sunglasses at home to make the sun come out didn't quite work out. Better luck next time, Mike.

Late Breaking News

Linda Morgan is reported to have broken her leg while skiing out at Castle Mountain. We half expected to hear that Claude Sam was involved as he holds the record for most mangled tourers on his trips.

Corrine Anderson apparently fell off her high heels at work according to Mike Spencer. We are currently working on a more exciting story she can tell.

Brian Davies tore a tendon connecting his bicep to his radius. Word has it he had just completed a triple toe loop in his living room and his son Tophy was half way through lifting Brian overhead when he dropped him on a coffee table. The Judges awarded the father and son duo a 5.8 for technical merit and a perfect 6 for artistic impression. **We hope they are all recovering and will be back on skis soon**

*"I've learned that
whatever hits the fan
will not be evenly
distributed"*

Prof. Lip stand

Day Tour Schedule by Barb Coulter

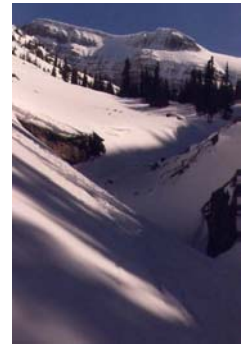
If you are interested in leading a tour please contact **Barb at 346-7096** or e-mail barlou1@telus.net. If you are interested in going on a tour, please call the tour leader for details; not Barb. Here is the preliminary schedule:

- Feb 8 Strathcona Ski Trails Call Don Wales at 343-2937
- Feb 15 Innisfail Call Brian Davies or his replacement at 227-4409
- Feb. 29 Raven/ Kevisville Trails Call Patrick Gleason at 227-1164
- March 7 Destination TBA Barb Coulter phone 346-7096
- March 14 Sylvan Lake Ski Skate Call Bob J. at 346-8775
- March 28 Pine Lake Ski Skate Call Bob J. at 346-8775
-



Skinny Skis... My Fat Fanny by Prof. Lipstand

What goes around comes around. This old fart has pretty well seen it all when it comes to cross country skiing in western Canada. In the “old days” (mid 1960s) there were no cross country skis to speak of. We all screwed on a pair of free heel cable bindings on to a pair of metal downhill skis. The releasable toe plate required a stick o dynamite to open. The leg would compound fracture and then the binding would open. Then Bernie Mason began importing wooden cross country skis from Scandinavia and distributing them out of his garage. Shortly thereafter the Norseman—a ski shop that still exists in Calgary opened followed by the Hostel Shop. The Norseman may have been the first cross country ski shop in Calgary; probably Alberta. We all rushed out to exchange our heavy downhill skis for the light, wooden cross country skis. The “telemark turn” hadn’t immigrated to Western Canada in those days. We were steeped in downhill style.



On the way to Bow Hut

Then all hell broke loose. Some skis got

skinnier and lighter and ski racing began. Jackrabbit Johansen had been doing it for years in eastern Canada. Backcountry touring skis changed fro wood to plastic.

And now look at the skis! - the fat boards. I swear that some skiers have strapped a pair of snow boards on their feet. The side cut on these skis is beginning to resemble the vital statistics of Marilyn Monroe. An what’s with these little short oval skis that look like tennis rackets. The glide on the downhill is approximately zero and lately they have been skiing in my skinny track. It is an epidemic.

So I just bought my first pair of semi-fat boards. And have now arrived full circle.. The skis boots and bindings are now heavier then the old metal ski and leather boot combo. And now I am to old , sick, tired , and stupid to be able to handle them. I can’t stand it !!!!!

“Consciousness: that annoying time between naps”
Prof. Lipstand

Ski Notes:

- Don’t forge to send your best photos and images to Dick Pawloff for the photo of the month and the club history books.
- The club executive has drafted a Privacy Statement. To reduce the change of spam distributors



getting our e-mail addresses. “Contact information disclosed by members on the club membership form is used for internal communications and is also provided to Cross Country Alberta for membership and insurance purposes. Check the web site for the full text of the privacy statement

The Late and Great Fay Hut on one of the club trips. Pictured are Mike, Dave, Patty and the two Bobs. Unfortunately Fay Hut was destroyed by fire this summer.

The Skinny on Waxing for Mountain Tours by Mikey

First you need to decide if you are doing just your back or is it time for a bikini wax....Pops. Not that kind of waxing?? Oh, you mean ski waxing! OK.

To quote a Cansi level 4 nordic ski instructor by the name of Eddie Zwack, "WHAT DO WE WAX FOR!!!!", followed by the well trained and hopeful reply of the Cansi level 1 candidates "GRIP!"

So... first you buy every color of wax that they make and a snow thermometer and a copy of the Farmers Almanac. Then you have to wait until the morning you go skiing to gauge the exact conditions of the moment and anticipate if the day is going to warm up or cool down as the day progresses. Then spread on your waxing decision with frozen fingers while your feet get colder. Geeze that seems to be a lot of work and uncomfortable too. Maybe waxless skis are the answer????! NOT!!!!!!

Here's the secret to easy weekend touring in the mountains, good kick, great glide and warm fingers. The warm fingers come from the fact you are going to do the waxing at home on Thursday night. This is all possible with

the use of what is called universal or dry snow wax. There are several different brands available and it is usually sold as a two wax kit. One dry wax and one wet wax. The wet wax makes great fire starter, emergency food rations and if you can get the dry without the wet that's the way to do it. Here's some simple steps that I find have worked well for us 99% of the time.

Bring your skis inside and let them warm up, it makes the corking of the waxes easier. Put the dry wax and your kick wax (more about the kick wax later) in the fridge or outside to cool down, this hardens the wax and makes it easier to crayon on the ski bases. Once the wax has cooled you are ready to start crayoning the wax onto the full length of the ski base. If it's your first time put 5 real thin layers on corking each layer smooth. In the right type of snow conditions this is the only waxing you need to do as the dry wax provides kick but also has good glide characteristics.

I have found that the dry wax by itself doesn't stick quite enough for a lot of uphill so I put on a blue/purple wax. This would be the old Swix wax system of colors that would be a blue wax tube with a purple band on it. Also called extra blue. This waxes temperature range on its own is -1 to -7 C, but when used with the dry wax will work well down to -25 C. Now that you have the dry wax on the entire ski length put the "kick wax" in the center area below your ski boot. Most of the time the "kick" area will go no further back than the rear of your boot to approx a foot ahead of the toe of your boot And yes Don we mean on the base of the ski.

And there you have it. Happy trails and may you never need to dig out your skins again



*"Money isn't everything,
but it keeps the kids in
touch!"*

Prof. Lipstand

**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

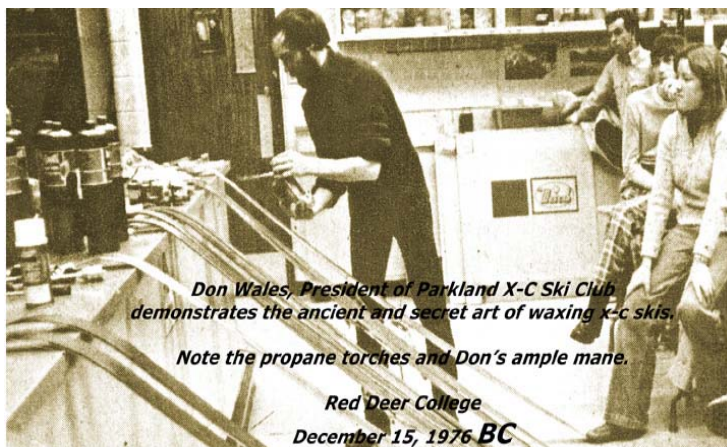
*The mission of the
Parkland Ski Club is to,
stay out of the tree wells
....oops!...I mean to enjoy,
enhance, facilitate, and
promote cross country
skiing.*

For Sale: Free to a good home: Kids skis and boots, for a child age 6–9. Skis are 160 cm Karhu, wax base, with 3-pin bindings. Boots are leather, 3-pin about size 2 or 3. We could probably find a pair of poles to go with them too! Great for beginners or occasional use by grandchildren. Call Mike or Patty at 346-2146

Pictures in this newsletter

Page 1 Parkland ski club on Tour Leaders Appreciation ski trip to Helen and Katherine Lakes **Page 2** Snow Caving at Helen Lake **Page 8** Typical weather

on Parkland Ski Club Trips- Tour Leaders appreciation Trip to Wilcox Pass, 2003
Picture to the right was in the Red Deer Aggravate in the early days of the Parkland Ski Club (photo from the Club History Books courtesy of Dick Pawloff)



Mountain Tours

Our most excellent tour Chairperson Mike suggests you sign up soon for tours in the New Year as they are filling up fast. For a more extensive list of tours click on the mountain tour button on the Ski Club Web Site.

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

- **Little Yoho Valley- Stanley Mitchel Hut** (Feb 13-16) contact Brian Sam at (403) 286- 9396 (advanced trip at a cost of \$19.50 / night)
- **Banff Hostel/ Goat Creek Trip** (Feb 20-21, 04) contact Marilyn Strilchuk at 347-8494 (Beginner trip at a cost of \$25.50 / night)
- **Ribbon Creek** (Mar. 5-6, 04) contact Brian Sam at (403) 286-9396 Advanced winter camping at Palliser Pass (cost \$18.00)
- **Banff Boundary Condo- Family Trip** (March 12-13) contact Jenni Duke at 309-9380 (\$20.00/night, 8 per condo)
- **Ribbon Creek- Mt. Joffre** (March 19-20) contact Brian Sam at (403) 286-9396 intermediate winter camping (cost: \$18.00 for hostel on Friday)
- **Peyto Glacier** (April 8-11, 04) contact Mike Spencer at 346-2685 advanced glacier travel

