

Snow Walkers Gazette

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Message from the President

The new year has arrived with me asking myself many questions about what happened to the last year. Seems like months flew by at hyper-speed, some projects being completed, others not even started. According to last year's plan I would be by this time: a) a lean, mean fighting machine- you



know what I'm talking about , b) have completed three to four successive tele- turns without pulling a massive lip stand, c) play the guitar well enough to run away with a rock and roll band. These goals seemed realistic at the time (2:00 AM, New Year's morning) but somehow irritating little things such as working for a living, maintaining vehicles and a house have eroded these realistic resolutions to ... well, great resolutions for this year. There, I have new resolutions and with an environmental theme to boot. Nothing like recycling!

Have a great year, all the best to you in 2005! Patrick

Parkland Ski Club General Meeting
Tuesday, Jan 11, 2005
Kerry Wood Nature Center
Images from Al Brunelle

Dates to Remember

- **Ski Club Progressive Ski Dinner on Sunday, Jan 2/05** (see page 6)
- **Ski Lessons beginning Jan 11/05** (register at the Rec. Center)
- **Lacombe Ski Day Trip on Jan 16/05**
- **Hogarth Lake Ski Trip on Jan. 21-23** (Register by Jan 7)
- **Road Show on Jan 28-30** (register by Jan 12/



Parkland Ski Club Executive for 2004-2005

President: Patrick Gleason	227-1164	pgleason@chinooksedge.ab.ca
Vice President:		
Treasurer: Jenni Duke	309-9380	dukezoo@telusplanet.net
Secretary: Nicole Sam	342-2069	nsam@telus.com
Mt. Tour Chair: Claude Sam	342-2069	nsam@telus.com
Publicity: Karen Weisgerber	887-4028	klweisgerber@hotmail.com
Day Tours: Pam Ralston	342-2206	pam.ralston@reddeer.ca
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

Red Deer Loppet

On Saturday, Feb 5, 2005 at the River Bend Recreation Area

This is the 24th annual Red Deer Loppet run and sponsored by the Parkland Cross Country Ski Club and Friends. This is a fun ski race for all ages and levels of experience and fitness. There are some serious skiers competing but mostly it is a personal challenge or a chance to get out on the trails for good fun. The Red Deer Loppet retains some of the warmth and fellowship of the old style citizens races and is the least expensive loppet on the schedule with the most number of categories and the most original ski medals in Alberta. The event is free techniques so you can ski skate or classical Distances are 3km to 5km for Jackrabbits and distances of 5km, 10km, 20km or 30 km for adults.

For those not entering the loppet you can still play a part by becoming a volunteer. Bob Johnstone who has been the able organizer for many years now has temporarily handed over the duties to Don Wales. This race is one of our commitments to the sport of cross country skiing in Red Deer so, to keep this tradition alive, we need your help. Positions are available in **registration, timing, results calculations and course controllers**. Members of the community and club members provide chili, drinks and snacks for the competitors, volunteers and non-participants. Registration begins at 8:00 am and the whole event wraps up in the mid-afternoon. If you cannot attend the loppet as a volunteer please volunteer to make cookies or chilli (you will be reimbursed for the cost of the chili ingredients)

A sign up sheet will be available at the Club Meeting on Jan 11, 2004 or you will be phoned. Volunteers will have their own separate draw for door prizes. If you need any more information please contact Don at 343-2937

*"I went to a seafood disco
last week and pulled a
mussel."
Prof. Lipstand*

Ski Club Courses & Tour Leader Course **Brian Davies**

Brian Davies says it is looking optimistic that we have enough candidates for a Tour Leader Certification program beginning this year with general courses and ending next year with a two weekend finale and Mountain Tour. . The lower limit to run the course is 5 and the upper manageable limit is 8 so sign up soon. The first year involves a series of courses listed below. Even if you are not interested in the Tour Leader Level I Certification you are still welcome to attend any of the courses usually at a cost of \$5.00/ night. The \$5.00 is due when you sign up for the course with Brian or any member of the executive. The courses **likely** offered this year are:

- **Telemarking Level I and II** **Level I** teaches you a technique for going downhill on cross country skis and is usually done at the Canyon Ski Hill. **Level II** continues at a resort in the mountains where a professional instructor will teach you to link multiple turns and go down progressively steep terrain with confidence
- **Repair and Maintenance of Ski Equipment** This course offers some tips for emergency repairing of skis and equipment in the backcountry and what to bring on tours as a repair kit
- **Map and Compass**, This course provides you with the basics needed to use a compass and read a topographical map
- **Global Positioning System** An introduction to the features and use of a GPS
- **Digging Powder Snow out of your ear hole** Level IV
- **Avalanche Transceiver Level I and II** Level I is usually done in one evening in town while Level II is often done in the mountains. This is a very valuable skill to practice and perfect each year no matter what your experience level is.
- **Emergency Snow Shelter, Winter Camping** The first course is usually run in town and reviews the basics of a variety of snow shelters. A quinzee may be built if there is enough snow. The second course, usually in the mountains, teaches you to build a snow shelter (usually a group snow cave) and give you an opportunity to sleep in it.
- **Filing an Environmental Impact Statement** for your poly-pro underwear.
- **Waxing and Climbing Skins** Preparing your skis and an introduction to some popular wax systems and how to buy and maintain climbing skins
- **Standard First Aid** Completed as a group or separately. Required for tour leaders.

Day Trips

Call Pam at 342-2206 if you have a day trip you want to lead **Please phone the trip leader** in case the trip is cancelled due to poor snow conditions.

Jan 16, 2005	Lacombe Golf Course	leader Barb Coulter	call 346-7096
Feb 6, 2005	Blackfoot Trails	leader Don Wales	call 346-7096
Feb. 13, 2005	River Bend Trails	leader Steve Davies	call 342-6473
Feb 21, 2005	Innisfail Trails	leader Brian and Carol	call 227-4409
March 6, 2005	Spruce View Trails	leader Patrick Gleason	call 227-1164



*“ I went to the butcher’s
the other day to bet him
50 bucks that he couldn’t
reach the meat off the top
shelf. He said, “No, the
steaks are too high”*

Prof. Lipstand



2005 Mountain Tour Schedule

Our most excellent tour Chairperson Claude suggests you sign up for tours early in the New Year as they are filling up fast. For more details on the tours offered this winter check the web site at www.parklandxcskiclub.ab.ca

- **Hogarth Lakes Trip (Jan 21-23)** contact Claude Sam at 342-2069 This is a beginners trip out of the Canmore Condos with a maximum of 12 and a cost of \$17.66/ night
- **Road Show. (Jan 28-30)** contact Don Wales at 342-2937. This is an open trip with tours for strong intermediate skiers and for the less experienced. Cost is \$17.66/ night staying at the Canmore Condos (Limit 18 people)
- **Saskatchewan Toe Trip (Feb 11-13)** contact Brian Davies at 227-4409. This tour is out of Ramparts Creek at a cost of \$20.33/night and is an Open trip with a limit of 20 skiers
- **Family Trip at Ribbon Creek (Feb. 11-13)** Contact Jenni Duke at 309-9380 This trip is open to 21 kids and parents at a cost of \$22.68 / night.
- **Fryatt Hut (Feb 18-21)** Contact Brian Sam at (403) 286-9396. This is an intermediate trip involving a long valley tour and a headwall climb to the Fryatt Cr. Alpine Club Hut. With an opportunity to explore the upper valley. Cost is \$13.00 for the first night hostel and \$21.50/ night for the hut (limit 12)
- **Purple Bowl (Feb 25-27)** contact Al Brunelle at 227-5763 This new trip is out of the Castle Mt. Hostel at a cost of \$20.33/ night It is an intermediate trip for 12 skiers)
- **Paradise Valley (March 4-6)** Contact Marilyn Strilchuk at 3478494. This is an trip out of Castle Mountain Hostel at a cost of \$22.33/ night (15 skiers)
- **Nigel / Poboktan Traverse** Contact Don Wales at 343-2937. This is a long ski traverse involving winter camping and is therefore classified as advanced. The first night is in the Beauty Creek Hostel at a cost of \$13.00. (12 skiers)
- **Mt Castleguard (March 24-27)** Contact Brian Sam at (403) 286-9396 This advanced trip involves glacier travel and either snow caving or winter camping. The first night is in Beauty Creek Hostel at a cost of \$13.00/ night.
- **Tour Leader Appreciation Trip (April 1-3)** Contact Claude Sam at 342-2069 This tour is centered out of the Saskatchewan River Crossing Motel and is open to tour leaders, and club executive. Any of the 12 spaces left over are available to club members at a cost of \$20.00/ night

“Two termites walk into a bar. One asks, “Is the bar tender here ?””
Prof. Lipstand

Photos in this issue:

Page 1 Newly renovated and world famous Skoki Lodge

Page 2 Jeff Dolinsky starts a 2,000 ft powder run in the Fairy Meadows area

Page 6 Approaching Helen Lake on a Ski Club Tour

- Dick is requesting photos for the Web site of all the trips we do this year. Scan them and send to dpawloff@telusplanet.net or drop off photos with him at the meeting for scanning. Include a caption and the first names only of the club members in the photo.

Ski Shorts



For Sale

- **Asnes Backcountry Skis**– metal edges, 190 cm, cable bindings, used once. Call Dianne R. @343-3377
-
- **Salomon Boots**, Ladies size 5, boots have plastic ankle attachment for ski skating or without it can be used for classical. Asking \$100.00 call Linda @ 342-2862
-
- **Winter Tires** for safe winter driving. 4 Bridgestone Blizzaks with rims 185/75R14. Tires good for 2 more winters according to Kal Tire Asking \$230.00 Call Linda @342-2862

Announcements

- **Ski Lessons** The ski club will again be offering ski lessons for club members and the general public beginning at 6:30– 8: 00pm at the Great Chief Park Football Field Four lessons are offered at a cost of \$35.00. to cover the cost of the stadium lights , heated change rooms, and ski waxes. Lessons begin on Tuesday, Jan 11, and run on Thur. Jan. 13, Tuesday, Jan. 18. and Thursday Jan 20, . Call **Pam Ralston** at 342– 2206 **for more information.** Registration is at the Recreation Center and application forms will hopefully be available at the next ski meeting. Learn efficient classical style skiing with a brief introduction to ski skating, some basic downhill and uphill techniques, and waxing.
- **Chic Scott** comes to Red Deer. Chic has entertained the Parkland Ski Club with a talk on the history of Climbing in Canada. On Feb 8 Chic will return to talk and show slides on the History of Skiing in Canada. Chic has extensive experience in skiing and mountaineering. He has completed over 9 major ski traverses and these days along with skiing he is an author of books most of us have in our library, including Summits and Icefields and Ski Trails in the Canadian Rockies
- **Thanks to the William Watson “Elders”** as Claude likes to now call them (now that he has reached that age) for the generous collection for Barb Spencer.



“Two Inuit sitting in a kayak were chilly; but when they lit a fire in the craft, it sank, proving that you can’t have your kayak and heat it too.”

Prof. Lipstand

PARKLAND CROSS
COUNTRY SKI CLUB

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*The mission of the
Parkland Ski Club is to
ski till we puke !oops! I
mean to enjoy, enhance,
facilitate, and promote
cross country skiing.*

Ski Shorts (Continued)

- **New Year Ski, Social, and Progressive Dinner**

On **Sunday January 2 /05** beginning at 2:00 pm at the Rotary Park parking lot we will ski along the creek and through Barrett Park to Marie's House for appetizers, then on to Pam and Don's place for main course followed by a ski through Barrett, Coronation and along the river to Dick and Connie Pawloff's for desserts and coffee. This is a **pot-luck supper** so



when you phone to confirm your attendance you can tell us what you are bringing. If you are bringing an appetizer or main course dish please take it to Marie's place at 4301-46 Ave (1 block east of the Pioneer Lodge) and if you have a dessert please take it to Dick's place at 5530 48A Ave. prior to meeting us at Rotary Park for the ski tour at 2:00 pm.

This event is also an opportunity to make a donation to a fund set up for Barb Spencer to help her and Mike to purchase a state of the art skiing prosthesis for when she recovers. A box to donate will be at each of the houses and there is potential to send a donation in the form of a cheque to Don Wales at 4301- 46 Ave. T4N 3M7 A receipt will be sent by return mail to confirm it was received. You definitely do not have to donate to attend the ski and progressive dinner and all donations will remain anonymous. Call Don @ 343-2937 for details and to find out what to bring. Hope to see you there. You can come for all or part of the activity and meal. Rides will be available to return you to your car.

Visit our web
site @
[www.parklandxc
skiclub.ab.ca](http://www.parklandxc
skiclub.ab.ca)