

Snow Walkers Gazette

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Inside this issue:

Club executive / AGM	2
Racing News and Trail Report	3
Fantastic Fondue Foray	4
Day Tours	5
Spencer Roadshow	6
Sask. Toe Trip	7
Goat Creek	8
Loppet Report	9
Mountain Tours	10

Message from the President

Ah , the month of March. Longer days of sunshine, warm weather and Spring just around the corner...perhaps. Given the weather history of Alberta, Spring may not truly arrive until June but as true optimists we always believe that it will happen just about any day. Of course for skiers, the warmer weather is a double edged sword. The longer hours mean some great skiing time during the day but the disappear-



ance of snow has begun and already some trails are beginning to show signs that perhaps skiing time is limited. Fortunately for now, the dump of snow we did have after Christmas has meant that locally we are still in pretty good shape, so we can enjoy both the snow and the sunshine.

At our last meeting in February we had the privilege of viewing Al Brunell's mountain pictures. Al used to be quite active in the club but lately has pursued an interest in photography during much of his spare time. His pictures were quite wonderful and in case you missed the meeting, he will be having an exhibit of his work at the Red Deer Museum starting March 9th.

For our March meeting, Mr. Mike Falkenburg will be talking about his recent climb to the summit of Aconcagua, the highest peak in South America. I hope to see you there! **Patrick**

Parkland Ski Club General Meeting

March 9, 2004 at 7:30

Kerry Wood Nature Center

Program:

Ascent of Aconcagua

Guest speaker: Mike Falkenburg

Thanks to
Dow Chemical
for
photocopying this
newsletter



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Parkland Ski Clubs AGM on April 13, 2004

“When confronted by a difficult problem, you can solve it more easily by reducing it to the question “What would Scooby Doo”
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.

Classified Ads

- **Snow Blower for Sale...**Only used on snowy days. Call Mark
- **Cows, Calves never bred...**Also one gay bull for sale Call Mike Carley
- **Joining nudist colony !** Must sell washer and dryer. Call Bob Johnstone
- **Nordic Track..**\$300.00 hardly used. Call Chubby
- **Open House: Body shapers Toning Salon...**Free coffee and donuts
- **Free Puppies:** 1/2 cocker spaniel, 1/2 sneaky neighbor's dog
- **For Sale by owner. Complete set of Encyclopedia Britannica.** 45 volumes. Excellent condition...\$1,000 or best offer. No longer needed. Got married last weekend. Wife knows everything.
- **1 Man, 7 Women Hot Tub....**\$850 or best offer Call Frank Weber
- **Nice parachute:** Never opened...Used once call Mikey
- **Swiss Army knife with whistle attached found at Castle Mt.** Call Linda Cassidy



Parkland Skiers Kick Butt at the Birki by Nod Selaw

Some of the **REAL** skiers from the Parkland Cross Country Ski distinguished themselves at the Canadian Birkibeiner. Bob Johnstone won a silver medal in the 32 km. 60-69 age class, Judy Morrison received a bronze medal in the 50-59 age class over 55km with a pack. Don Wales received CPR during his turtle slow 55 km Birki-lite. Dick Pawloff suffered through iced up skis on the 32km Journal Tour and Kit Richmond, placed second over all in the 55km Birki lite. A total of 1,776 racers started the race in excellent conditions. Bob Johnstone received a first place for snarfing down the most food in the food tent.

"I don't have an attitude problem, you have a perception problem".

Prof. Lipstand

Ski Trail Report as of Friday , February 27, 2004

- **Barrett Park.** A skied in track still circles the perimeter of the park
- **Heritage Ranch** The trails have been renovated and are in excellent condition. Thanks again to Mark , Steve, and Dale for the hard work.
- **River Bend** The skating and classical trails are as good as they have been all year. Trail fees are now strictly by donation and there are no yearly passes. Lets show our good faith toward the costs of maintaining the tracks by making a donation every time we ski when the tracks are maintained
- **College/Bower Trails.** Approximately 85% of the tracks are intact but are icy and the short hills and corners can be treacherous
- **Jarvis Bay** The modifying effect of the lake and the shading of the lovely aspen forest keeps these trails in relatively ski-able condition
- **Kananaskis Trails** are reported to be in excellent condition despite the heat



Fantastic Fondu Foray Kananaskis by Sarah Graham

I was fortunate to be invited along on a beginners trip (and to become a new member) with the Parkland Cross Country Ski club who host a variety of trips backcountry skiing.

It was with some anticipation I picked up a pair of Telemark skis, boots and poles, left my beloved Labrador Oscar at his Calgary hotel for the weekend and set off with Don, Pam and Laurie. We had in mind being the first to the motel to secure “best beds” but due to our late departure and some stops before we left Calgary we arrived a little late for this and the “crew” had already settled in.

It was a reasonable nights sleep and a tremendous price at the Border Lodge in Canmore. Don did not seem to snore and the rest of ladies were very well behaved. There was not even a rush or queue for the toilets – so despite cramming a few more people than the lodge would normally (18) into 2 motels we managed very well.

After a hearty self prepared breakfast the days ski planning started with Marilyn (assisted by Mike) confirming what was required with peepers and shovels and the first aid kits. We all knew where we where heading (it seems) and everyone seemed excited about getting going. I had no real idea still what the trails would be like and if I could even stand on my pretty flower designer K2 “She’s Piste” skis let alone hike up hills.

The pace was nice and everyone warmed up – we settled in past the Lake for some great lunch and the views up to Robertson Glacier were inspiring. Don felt he was climbing Everest when we set off after lunch to reach the toe of the Glacier. Some cute younger male bods (no I am not really a cougar) had passed us during lunch and were making a nice pace ahead on their fat powder skis with skins on. We then set off (after them?) to begin our trip upwards. (continued on page 5)

“Where there’s a will, I want to be in it. “

Prof. Lipstand

An Indignant Response to The Skinny on Waxing

You can imagine my shock and dismay when I opened my copy of the Gazette and read the article “ The Skinny on Ski Wax” by Mike Spencer. What a load of Steaming Moose Nuggets . I mean, really ! If you want advice on how to wax skis **who ya gonna call !** a slow plodding, granola crunching, yogurt slurping, wool wearing, tick infested tourer or a sleek muscular licra encrusted racer gliding effortlessly over 55 km of Birki Trails. Mr. Mikes wax combo may have been popular when the Birkibeiners carried the infant Prince over the Norwegian Mountains back in the 13 century but it doesn’t cut the mustard these days. In temperatures around zero when his wax combo craps out Mr. Mike can be found hiding behind a krummholz secretly pasting on his skins (Krummholz: a German work meaning a bunch of crummy stunted trees in the alpine used to hide lousy waxers”). So if you want the real poop on waxing ask a racer Signed: Prof. Lipstand




Parts of the group were keen to hit back and get fondues set up (their excuse for some early drinking I think!) so we soon trailed out quite some ways. Don kindly loaned me his skins after enjoying watching me slip and skate for about 40 mins. There was some great assistance from all the more senior members to my struggles and Frank was a huge inspiration to me to get and retain some fitness.

Mike and the Barb(s) managed to climb the highest followed by I think Susan. Pam and Laurie settled in for the first knoll and a gentle downhill cruise whilst Don and I tried to reach where Barb and Susan had come from so we could gain height and I could pretend to telemark!

The ski back was a blast – the wind came across the lake to remind us how lucky we had been with the weather for the time of year. There were quite a few snowshoers, the young “hot jocks” and even a young couple and their dog out for a nice romantic camp on the way back. I left Don to wait for Mike at the Lake turn off and the trails were a delight coming back that way with plenty of downhill to play on and the wind behind us.

Before supper people chose to rest, spa or shower and the atmosphere was very relaxed with everyone fitting in so easily. The highlight of the evening was the FOOD. There had been a huge effort from Marilyn into this aspect and she ensured we had many different Fondues along with sauces and veges and meats. The savoury fondues were followed by this amazing Blue Berry fruit one and of course chocolate. Some were keen on consuming the alcohol which led to a little bit of “teasing the Kiwi”. Mike and Don spent the rest of the evening devouring the remainder of food available for fondue and then impressed me by creating their own Canadian version of Vegemite which they want to now patent.

The second day we spilt into two groups – those keen on climbing went up to Chester Lake (and it was so well worth the climb) and the others played in the valley area below. For my first ever experience backcountry on skis I have to say I felt very safe and Parkland certainly deserves many credits for the individuals who make up the club (I can see why it has been going for so long!) and the friendly nature and spirit of each of the members. I was totally impressed with all the encouragement, willingness to impart skills and plenty of confidence building going on for people of any level and ability. Most importantly was the theme of participation with safety in mind. And I would like to say it is very reassuring to be part of this group! **THANKS SG**



*“Heart Attacks: God’s
revenge for eating his
animal friends.”*

Prof. Lipstand

Day Tour Schedule by Barb Coulter

A Big Thanks to Barb Coulter for organizing an excellent series of Day Tours to introduce new and old members to skiing in the central Alberta areas. Barb is retiring from the position unless we can talk her into a second term. If you are interested in being Day Tour chairman on the executive please talk to Barb to find out what the job entails. Remaining day tours:

- March 7 **Lacombe Golf Course** Barb Coulter phone 346-7096
- March 14 **Sylvan Lake Perimeter** Call Bob Johnstone at 346-8875 for details
- March 28 **Pine Lake Ski** Call Bobby J. at 346=8875 for more details.

A day tour wrap-up will appear in the last newsletter



Viva el Roadshow– The Spencers Road Show by Nicole

As it often happens on Friday nights, the trip started with a long drive thru patches of fog and snow to Castle Mountain Hostel. Twenty-one ‘amigos’ trickled in and settled in the appropriate dorm (one for the early birds, the other for the late risers). As Mike & Barb held their respective trip meetings at adjoining tables, a few undecided listened to both spiels while trying to make up their minds which one to choose. The Carley boys, Brian S., Mark, Don, Bob J, Kevin, Karen & Barb C. opted to follow Mike in the wee hours Saturday morning. Their goal was to complete the Baker Creek circuit counter clockwise before or after nightfall.

After Claude headed west to Vancouver, the rest of us (Barb S., Marilyn, Susan, Peggy, John, Colleen, Marie, Linda C., Pam, Laurie and Nicole) started our leisurely ski up to Tower Lake. Fortunately, Friday’s snowstorm had not obliterated the tracks completely and it was an easy steady climb, with a few stops to re-wax. After our lunch break in the sun, most of us agreed to keep going. The trail soon disappeared and we had to break trail...but not for long. Soon a lanky skier in a familiar red & yellow powder suit caught up to us and started

breaking trail with boundless energy. Hot on his heels, another familiar figure (no powder suit but plastic boots???) appeared, followed by several others whom we never expected to see again before 10 pm. Apparently, Mike’s group had been worried about the rest of us getting lost or dying of exhaustion, so they reluctantly gave up their dream and came back to lead us to Tower Lake. While Ekim tirelessly trudged on to Rockbound Lake, little discussion groups formed and dissolved and everyone decided to turn back, except a faithful disciple who waited patiently for the mighty one to return. With the new powder, it was the best ski ever down that trail.

Saturday’s Mexican supper was of course “buenissimo” both in quality and quantity. Ponchos, sombreros and Latin rhythms (courtesy of Karen W.) gave an authentic flavour. The crux of the evening was the sacrifice of the poor piñata, which suffered several sadistic beatings before giving up its bounty.

Sunday morning’s early departure time broke a record - everybody was ready by 8:30. Destination: Stanley Glacier (except for a couple who headed for Taylor Lake). Not wanting to waste any time, our fearless leader bravely ploughed his minivan into the unploughed parking lot but was promptly rescued by Dave Carley. After a headcount by Marilyn, we dutifully queued up the trail. More snow had fallen overnight and the trail disappeared here and there, but our numerous tour leaders took turns scouting until we were in view of the glacier. However, there was a price to pay. A mysterious black substance marked our faces, clothing and packs as we thrashed through the woods. Bob J’s looked like a Maori warrior with his cheek smeared by a charred twig. After a quick lunch in the shade, we hurried back down to the trailhead to enjoy the warm midday sun. Since that was the shortest Sunday ski in club history, five of us decided to extend the day by skiing up to Boom Lake where the snow was excellent.

“Old age is

inevitable: growing up is

optional”

Prof. Lipstand (speaking to

Mike Spencer at his 50th

Birthday)

Pam Steps on Carol's Toe(Sask. Toe that is) by Pam Ralston


It's been several years since I skied the "Sask Toe" trip as it has lovingly been called. This is usually a "Brian and Carol" show but this year Carol came through and showed her stuff (but not of her stuff as there has to be some modesty in a mixed crowd). The show turned into the "Carol, Tophie, Janice, and Brian show with Brian, due to injury, the mentor and chief bottle washer who held down the fort at Ramparts Creek Hostel, and did our breakfast dishes. He also offered last minute and probably unrequested advice to our trip leader and her assistant. What a luxury to rise from the breakfast table and leave the clean-up behind - probably like home though for most of us women with children, partners, lovers, spouses or roommates. Do I jest or just digress?!

Carol led us up the trails, helped with getting skins on for those slip sliding away, such as Sarah our Kiwi on her "She's Piste" fat hot skis. The trail was snowed in and those breaking trail worked up a good sweat and glow to help take the early morning chill off. Snow conditions were great and our one avalanche slope was assessed by Mikey S. as safe for crossing using as always our safe method of one at a time, with Mike and Don N. spotting our lonely little skiers as they trundled across. High winds greeted us as we came into the open approaching the Toe, which moves further away each year and gets harder to get to. We battled the wind and arrived after having to go by foot over the ice to try to find shelter and to get closer to the beautiful blue clear wall of ice. Cuddling up to an iceberg is not the way to eat lunch in comfort, especially because shelter was not to be found from the effects of the wind. We soon scooted back, everyone anxious for the dinner theme of Cold War. The costumes representing Khrushchev in his day, Russian spies and hot babes in G strings can only be imagined although we do have photos and no bribes will be taken to lose those digital prizes! The evening sing a long with Brian and Tophie and Carol playing some great tunes and Brian and Carol's offspring Tophie and Anne and friends from U of A made for a terrific evening, with their youthful and energetic fun - was a change from us regular fogies.

Day 2 we were considerably shrunk - not bodily from too much revelry and spirits the night before, but in numbers as those diligent U of A students had studies to return home to. Our little troop headed out to the slopes near Hilda Creek and climbed a very steep trail - thank goodness someone had broken it for us. John S. led the way and those of us who thought we could do this with our usual expert wax needed to stop and don skins part way. Smart Sarah of the hot skis was now seasoned and had her skins on from her first step. Mike the Mountain Man climbed sans skins and was thought by me that he was showing off - turns out he didn't have any with him! His muscle and fortitude won out and he barely broke a sweat.

All took a run down the great slope we climbed - needed to get out of the wind for lunch. We all earned lunch as deep deep deep snow greeted us on the way down as we face planted and kissed the hill. The effort to rise out of this stuff wore off the calories of the feat the night before. John, Sarah, Don and Mike hit the slope for a few more runs - should I say attacks and Marilyn, Barb and I tootled around exploring and taking pictures of the wild people coming down the slope.

A safe but somewhat freaky ski down the remainder of the hill through trees took us back to the bottom - as always cheers for our personal achievements and those of our buddies. No one could get past Rocky without pizza and gallons of water, then home for all to Red Deer and Sarah to Edmonton. A great weekend at Ramparts - sauna and all!



*"We have enough youth.
How about a fountain of
Smart?"
Prof. Lipstand*

Old Goats found Skiing on Creek

It was a dream weekend for early spring skiing conditions. Our goal, a beginner's trip along the Goat Creek trail from Canmore to Banff. The illustrious, Chef de Maison, Marilyn Strilchuk, led club members. As always, support and encouragement was offered by Nicole and Claude, Mike and Barb and by Frank. Rounding out the group was Barb (the other one), Cliff, Jane, Peggy, Lorna and Judy.

We stayed at the Banff Hostel Annex. One room, a women's room for five; where Barb got to cozy up with her sister Peggy for a \$50 a night double bed. The other, a room for seven. Needless to say, Cliff got to cuddle up to Jane in their loft double bed while the rest bunked it.

The Goat Creek trail is a "car-drop" trail except for those ambitious enough to do it both ways. Therefore, for us, trailhead planning involved a lengthy discussion of the logistics of pick-up and drop-off regarding whose vehicles to use where. We are happy to report that no one was abandoned and everyone went home with the vehicle they rightfully owned.

The Goat Creek Trail proved to be quite exciting with slick fast snow and thrill-hills on an undulating albeit generally downhill trail. Mike and Claude were the Warren Miller stars on the icy hill down to the (sharp, sharp right) bridge with several replay..., replay..., replays.

Next, after lunch, the busy picnic area where all congregated. Lorna decided to follow, as leader, Frank, along the Banff trail. Whereas, the others took the Spray Lake golf course trail to the lower car park. The golf course route ends with an "S" curve that delivered "bum bruises" to beginner skiers. Meanwhile Lorna had lost sight of the leader and decided to wait for the rest of the group. After 15 minutes she gave up; someone informed her that there was another parallel trail. She arrived at the car park to find no one. After hanging about for 10 - 15 minutes she was reconnected with her group who had sent out a search party - of the parking lot.

Now the second segment of the car caper began. Eventually everyone connected. Some were lucky enough to have coffee at the Banff Springs Hotel in the interim. The next destination for some-the hostel-for others the Hot Springs pool. The term hot *springs* is a bit of a misnomer as the water, at this time, *springs* from the municipal supply. However, the hot was still reasonably valid and good for sore muscles and tender spots. The finale of a wonderful day was a four-course Oriental food extravaganza. This included a special Wonton soup complete with home made wontons with a shrimp/pork filling made by our Chef Extraordinaire, Chef de Maison.

Day 2 The beginner's group skied the Cascade Fire Road (13km) while the more advanced group went to the Taylor Lake area. This day was a second photographic-backdrop-day of dramatic sparkling clear blue skies. We skied a gradual uphill to the picnic site for lunch, where we sunbathed while King Cliff fed the Whiskey Jacks by hand and then briefly disappeared into his igloo (you will have to ask him????) The return to the car park was fast, fun and fearless.

Due to the spectacular photo backdrop we decided to take the opportunity of a photo opp near the end of the trail. Unfortunately, for other skiers who wished to ski by, the trail was temporarily closed (blocked) due to the complicated highly technical Warren Milleresque (NOT) photo shoot. All in all a great weekend for all.

Story by Lorna Townell, Judy Ziemmer, and Barb Coulter

"Eat right, exercise, die
anyway"

Prof. Lipstand

Red Deer Loppet a Huge Success by Bob Johnstone

It can't get much better for ideal trail and weather conditions for the Loppet and what a great bunch of club and non club volunteers to make it run smoothly. Thanks to RDC for the six volunteers who took up key positions as a part of their course work experience. We had **150 loppeters** which is up 10 from last year thanks mostly to trail and weather. Also we had a number of skiers from Canmore and most important it was nice to see people enjoy our event. Please see our web site in which Dick has put in the winners for each category.

Thanks to all the chiefs who took on the extra responsibility for organizing, to **Mike Carley** for coordinating the telephone committee, to **Steve Davies** for helping River Bend trail groom, and our publicity woman **Karen Weisgerber** who got media involvement, cooked chili and helped with timing. Thanks to **Judy Brownlee** who very capably did the loppet day refreshments. **Olive Duret's** concession sold out of great club makers chili.

THANK YOU TO:

Registrations - Chief Delena Stewart, Kerry Lynn Leslie, Jenny McKenna, Wendy Shoemaker, Isabelle Pelletier Linda Cassidy, Maureen Hermary, Ian Ruskowsky

Timing - CHIEF Gary Helmer, Linda Cassidy, Karen Weisgerber, Kerry-Lynn Leslie, Dee Stokoe, Sherry Scheunert, Gary Leslie, Minh Tran, Ethan Denson

Results Dick and Connie Pawloff, Sally Parsons,

Refreshments Brian Davies and Carol Lindner; Judy Brownlee Loppet day chief, Feeding Station Margrit and Deanna De Graf.

Course Controllers Rick Moore, Suzanne Moore, Cliff Dunn and Jane McKee, Dale Ferguson, Pat Gleason, Jane Davies, Ron Morrison, Stu McTavish,

Announcing Dave Richmond: Delena Stewart

Concession Olive Duret, Charlene Leslie, Kelly Pinto

Start/Finish Area and Course Maintenance - CHIEF Don Wales, Dennis Sjolie, Bill Wyten, Steve Davies

Chili makers- Olive Duret, Colleen Milne, Barb Spencer, Jenny Duke, Karen Weisgerber **Cookie maker** Linda Dicken **Telephone Committee Coordinator** Mike Carley, Dale Ferguson, Elizabeth Wilson, Gary Helmer **Ski Patrol** - Chiefs Ron and Donna Durham, Dave Rideout **Course Signage** - Chief Bob Vanderwater, Karen Howe



"Forget world peace.

*Visualize using your turn
signal"*

Prof. Lipstand



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*The mission of the
Parkland Ski Club is to
snorkel in deep
powder....opps!...I mean
to enjoy, enhance,
facilitate, and promote
cross country skiing.*

COME SHOW YOUR STUFF!

Interested club members are invited to submit 2 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

Ski trips are winding down for the season. Sign up soon

- **Ribbon Creek** (Mar. 5-6, 04) contact Brian Sam at (403) 286-9396 Advanced winter camping at Paliser 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)
- **Ramparts** (March 27 and 28) 14 beds available. Contact Margo or George Coppus at coppus@telusplanet.net or (403) 281-3573 Classified as easy beginner. This is a **NEW** tour
- **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



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