



# Monthly News Bulletin

July 2018

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## Monthly Meet-up July 4th, 7:30 pm, Strathcona Community League

- **Presentation by Dan and Lisa - Hiking Pacific Crest Trail (PCT), which is a 2,650 mile wilderness trail which connects the Mexican/US border to the US/Canadian border, running through California, Oregon and Washington. On April 13, 2017 Dan and Lisa stood on the Mexican border and hiked north, reaching Canada on September 12, 2017. They'll discuss the trail, lessons learnt, nutrition and resupply for long distance hiking, and ways to reduce your pack weight.**

## Executive Report

- **Program:** Hello! Thanks to everyone who contributed to successful GMMC 40th anniversary in Jasper full of fun and rock & roll. Especially, big thank you to the amazing group “Vibram Souls” and all the trip leaders during the weekend. Although focus was on partying mostly during the 40th anniversary weekend, we still had many good hikes and climbs going on; fortified by snacks provided by the club or Bear’s Paw bakery coffee and muffins on Sunday morning. We sure needed it after dancing till midnight. And now it is time to get ready for summer adventures: We have two great presentations scheduled for July and August. First, we have presentation on July 4 about Pacific Crest trail that our guests, Dan and Lisa did last year. Later on in August, Kara Little will present Hiking and Backpacking in Utah’s Zion National Park. Good news that I would like to share with you. Sherry Kully will be joining me in the Program Chair position so we can become more dynamic than ever and offer more programming options to all club members. Thank you to all volunteers who kept club going and all the adventures happening for last 40 years. Kelly Sloan was nominated for many trips she led over the years in winter and summer. The leadership & mentoring she provided to women in the club and future leaders was very valuable. I also wanted to nominate David Wasserman for his leadership role in naming the Grant MacEwan peak in Bow Valley Wildland Provincial Park on Heart Mountain in 2006, plus many other important roles in our club that he led for many years: <https://www.cbc.ca/news/canada/calgary/alberta-mountain-peak-named-after-grant-macewan-1.607929> Thank you, David! Feel free to nominate other club members for important contributions to the club and club history. Have a great summer! Bozena & Sherry.



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## Executive Report

- **Summer:** Summer is officially here! A big thank you to all the trip leaders and volunteers for the packed summer schedule. Also, a great big thank you to the 40th Anniversary Committee for a great weekend. Everyone have a safe and fun summer in the mountains! See calendar for group camping either on Canada day or Labor day.
- **Winter:** The Kananaskis Hostel has been booked entirely for the weekend of Dec 28-30, 2018, for the New Year's Club weekend. I am going to let go the private rooms soon (too many spaces and too costly otherwise). I will send an email to all at that point in case you want to quickly grab a private room.
- **Environment and Hiking:** check the trail reports before you go at: <https://www.albertaparks.ca/albertaparksca/advisories-public-safety/trail-reports/>
- **Climbing:** Trips have been laid out for summer, and will arrange more beginner climbing trips; gear fund is increasing, and new dry treated ropes for winter will be added on in the near future.
- **Newsletter:** Thank you for sending in classical photos for the 40th anniversary. Please keep sending trip reports to [newsletter@gmmc.ca](mailto:newsletter@gmmc.ca)
- **President:** Our annual general meeting (AGM) will be held on September 5th of this year. During this meeting we will be discussing our previous years budget, planning next years budget, and voting on the 2018/2019 executive. With that in mind, volunteers are needed for some of the executive positions. If you're interested in helping the club grow through your involvement on the executive, then please contact me at [president@gmmc.ca](mailto:president@gmmc.ca) to express your interest. In addition, past executive meeting minutes are available to members upon request. Thank you.
- **Vice President:** Club Trips Safety Guidelines have been drafted and submitted to Executive for discussion, and will be reviewed and finalized. Safety Chair will be implementing this guidelines along with trip leaders and executive.
- **Course:** The first-ever Bear Awareness Training course was a great success; the second course may come in the fall.
- **Safety:** Dave Milling has taken on the interim Safety Chair position until a formal replacement announced sooner.



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## Additional Information

- 2003 Subaru Legacy Wagon, ask for \$2500. 169,000 kms, manual transmission/AC/Cruise/CD/Auto-windows; includes 2 remote lock fobs, 4 winter tires on steel rims, Yakima bars & flaring. Original owner. Followed manufacturer's maintenance schedule at local Subaru dealers. Some rust on body and roof. Interior problems: one dashboard bulb out; rear cupholder tray broken; hydraulic hatch will drop in cold temperatures; interior hatch paneling loose. Does NOT come with license plate. Buyer must provide a valid plate. Contact Sandy: [sdong@ualberta.ca](mailto:sdong@ualberta.ca)
- CMH 3 Blister Prevention Tips: <https://stories.canadianmountainholidays.com/archives/3-blister-prevention-tips-mountain-adventures/>
- The Hiker's Guide to Trail Etiquette: <https://lifelhacker.com/the-hikers-guide-to-trail-etiquette-1827102953>
- Making Sense of the Numbers - Understanding the Climbing Rope Rating System: <https://www.vertical-addiction.com/blogs/blog/climbing-rope-specs/>
- Grizzly bear charges hiker: <https://www.rmoutlook.com/article/grizzly-bear-charges-hiker-20180605>