



Outdoor Update

Be a Mentor in Motion

By Big Brothers Big Sisters of Calgary and Area

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Kayaking Winter Clinics

Do you enjoy hiking, biking, skiing or any other outdoor activity? The Canada Olympic Park Recreation Mentoring Program at Big Brothers Big Sisters of Calgary and Area could be the perfect volunteer opportunity for you.

This unique program matches a young person called a "Little" with an adult mentor called a "Big" who is passionate about sports, health and wellness. They spend one-to-one time together for two to five hours a week doing recreation based activities of their choice. Volunteers in this program have the opportunity to share the activities they are passionate about with a young

person or even learn a new one together.

To facilitate access to recreation activities, matches receive all access passes to Winsport Canada Olympic Park to ski, snowboard, or mountain bike including lessons and rentals.

Big Brother Mark and Little Brother Adam were matched in COP Recreation Mentoring three years ago. They've enjoyed nature walks, rock climbing, biking, geocaching, going to Winsport Canada Olympic Park and visiting the Source Terrain Park.



Be a Mentor (. . . Continued from page 1)

"We have a lot of fun together and do as many activities as we can," says Little Brother Adam. Big Brother Mark says, "The recreation and outdoor stuff really helps keep us excited and engaged with the program."

Jose has "learned to compromise, be open to new activities, lose his fear of heights and learned to ride a bike."

Big Brother LaRy and Little Brother Jose are another match in the program who spend most of their weekly meetings together at Winsport Canada Olympic Park. Over the past two years, LaRy says his Little Brother Jose has, "learned to compromise, be open to new activities, lose his fear of heights and learned to ride a bike." By doing activities together, Big Brother LaRy is making a difference in Jose's life. Jose says he feels "awesome" after spending time with his Big Brother, and volunteers in the program share that they get just as much out of it as their Littles.

Start something this New Year. Make a donation of time or money to Big Brothers Big Sisters of Calgary and Area at www.bbbscalgary.com.



Big Brothers Big Sisters
of Calgary and Area

Alpine Club of Canada

The Alpine Club of Canada has put together a spectacular winter schedule that will intrigue any outdoor enthusiast. Please visit our Mountain Adventures page for further information on the following camps.

<http://www.alpineclubofcanada.ca/activities/index.html>

Marmot Women's Ski Camp (March 9 – 13, 2012) **Price: \$1095**

Designed and offered for women exclusively, this unique ski camp provides an opportunity to work on winter skills and gain ski-mountaineering experience in an "all female" setting – all participants and staff will be female.

Activities in the field will be organized and supervised by ACMG guides, and participants will be given the opportunity to plan days and to lead according to their abilities. Participants will be encouraged to participate in decision-making and otherwise challenge themselves to learn as much as possible.

With the unparalleled Wapta Icefield as a backdrop for this year's camp, we'll spend the week together exploring peaks and glaciated terrain. Evenings will be spent in the comforts of the Alpine Club of Canada's Bow and Balfour Huts.



Photo by Lana Bickell

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ACC (. . . Continued from page 2)

Wapta Ski Traverse (March 16 – 23, 2012 or April 7 – 14, 2012)

Price: \$1695

The Wapta Traverse should hold the number one spot at the top of everyone's list of must-do adventures in the Rockies. This world-class winter ski-mountaineering destination is a spectacular journey across the Wapta and Waputik Icefields, providing you with fantastic views, amazing glacier runs, and the ultimate backcountry experience.

Starting the traverse at Peyto Lake, you'll make your way across the two icefields, spending the evenings warming up, eating great food and sleeping in the comforts of the Alpine Club of Canada's Peyto, Bow, Balfour and Scott Duncan Huts. Along the way many exciting ski-mountaineering objectives are immediately adjacent to the traverse. These peaks include Mounts Rhondda (North and South), St. Nicholas, Olive, Gordon, and Balfour. This camp can be whatever you want it to be - learn the basics of winter alpine travel, or come just for the skiing, the peak-bagging, and to hone your skills.

We run the Wapta traverse every year and it consistently fills up early. Register today to avoid the inevitable waitlist and potential disappointment!



Photo by Paul Neiman

First Summits Winter Mountaineering (March 22 – 26, 2012)

Price: \$1095

When you don't have a lot of time, but want a complete winter mountaineering experience, our First Summits Ski Mountaineering camp is your best bet! We pack plenty of adventure into this 4-day weekend camp up on the world-renowned and camera-worthy Wapta Icefields.

Beginning at Bow Lake, we'll make our way onto the Wapta Icefield staying first at the Alpine Club of Canada's Bow Hut and then moving to Peyto Hut. During the traverse and en route to summits (such as Rhondda North, Rhondda South, Gordon, and Olive), emphasis will be placed on snow safety instruction and terrain evaluation, route selection, decision-making in avalanche terrain, glacier skiing and navigation, crevasse rescue systems and more. You will spend the evenings eating great food and sleeping in the warmth of our ACC huts. A great adventure!



Photo by Paul Neiman



MRU and Prospect's Outdoor Adventure

By Prospect Human Services Society

On October 15 and 16, leaders from Mount Royal University collaborated with Prospect outdoor enthusiasts on a trip to remember.

Students from MRU's Applied Bachelor Degree in Ecotourism and Outdoor Leadership recently earned course credit in a collaboration with Prospect's PDD Services. Eight student leaders expanded their knowledge base on working with people with disabilities by getting to know our clients and then putting on an overnight camping trip.

Fourteen adults with developmental disabilities and Prospect staff joined the group in the Sibbald Flats area of Kananaskis Country, where they camped in tents and partook in numerous outdoor activities. Clients were taught skills and given leadership opportunities in geocaching, team-building activities, canoeing and hiking. This experience challenged perceptions and encouraged

personal growth among the leaders, clients and staff alike.

This trip illustrated what real collaboration is all about: two like-minded groups joining together, in this case, under the common interest of the outdoor recreation. Prospect's Outdoor Pursuits Program has engaged in numerous other collaborations within the outdoor community including with YMCA Camp Chief Hector and helping the Weaselhead Preservation Society. Prospect also is equipped with knowledgeable, qualified and experienced Outdoor Pursuit staff, who can help support all types of outdoor events.

If you would like to explore different opportunities for outdoor collaborations with Prospect, please contact John Acheson at john.acheson@prospectnow.ca or (403) 273-2822.



Friends of Fish Creek Provincial Park Society



Winter Birding Course 2012

Would you like to learn more about the birds of Fish Creek Provincial Park and other local natural areas?

Winter is the best time to begin learning to identify birds - because they are easier to see with the leaves off of the trees, there are fewer species present, and they often occur in large flocks.

By springtime, you will already know 50 to 60 bird species thus making the new migrants so much easier to identify. All sessions will be outdoors and take place in Fish Creek Provincial Park and other natural areas within Calgary.

As a fundraiser for the Friends of Fish Creek, the weekday outings will be conducted by lifelong birder and naturalist Gus Yaki. The Sunday outing will be conducted by birders, Bob Lefebvre and Dan Ardnt.

12-week Winter Birding Course (Monday*), Tuesdays, Thursdays, Saturdays, or Sundays beginning January (9*), 10, 12, 14 or 15, 2012. (*Subject to sufficient applicants).

Weekday outings start at 9:15 am and on weekends at 9:00 am, and last approx 2.5 hours.

Friends Members: \$50.00, Non-Members: \$75.00

Registration required. Please contact the Friends at 403-238-3841 or chris@friendsoffishcreek.org to register. Become a Member of the Friends of Fish Creek Provincial Park Society and Save! www.friendsoffishcreek.org

Fish Creek Info

Shaw's Meadow is one of the most distinctive areas of Fish Creek Park and the unique landscape features boreal forest, wetlands, and rolling hills.

William Shaw established the woolen mill in the area of Fish Creek Provincial Park now known as Shaw's Meadow. Shaw was a true pioneer and his woolen mill is not only credited as being Alberta's first industry, but also part of the reason for Calgary's early growth. The mill produced blankets, flannel, material for clothing, and other woolen products.

In the 1890s, his wife Helen, opened up a woolen store on 8th Ave. in Calgary, which successfully sold warm clothing to prospectors heading north in search of gold.

Shaw also installed a telephone line using barbed wire fencing to transmit information between the mill and the store downtown.

Fish Creek Provincial Park

ALBERTA PARKS AND PROTECTED AREAS

A Five-Part Presentation Series

Take an armchair tour to some of Alberta's most spectacular, unique and interesting special places. Stunning visual images and intriguing stories from presenters with strong ties to these areas will provide you a glimpse of what makes them worthy of protection. From the well known to the not so well known, Alberta contains some of the most beautiful parks and protected areas in the world. You'll leave ready to pack up and explore them yourself!

Dates: October 12, November 9, 2011, January 11, February 8 and March 14, 2012

Time: 7:00pm

Where: Fish Creek Environmental Learning Centre,
13931 Woodpath Rd. S.W. Shannon Terrace
Area, West end of Fish Creek Provincial Park
(Access via 37St. S.W. at 130th Avenue S.W.)

Admission: \$6 per person payable at the door (cash or cheque only)

Registration: Phone 297-7927 or email
roland.kirzinger@gov.ab.ca

Third Presentation: Wednesday January 11, 2012

Brown Lowery Provincial Park – A Hidden Foothills Gem

Located only 30 minutes from the south side of Calgary, near the town of Priddis lies a Park many Calgarians know nothing about – Brown Lowery Provincial Park. A small park, only 278 hectares, Brown Lowery has a huge diversity of plants and animals. Wildflowers, mushrooms, and birds are favourites for many visitors as they hike the 11+ kilometers of trails over varied terrain. Share in the stories of challenges and triumphs of the dedicated volunteers that have cared for this gem for the last 2 decades.

Presenters:

Peter Spear, mountaineer, active outdoorsman and volunteer extraordinaire has been maintaining and caring for Brown Lowery for 2 decades.

Richard Mowry is a pilot, photographer and woodworker who has been working with Peter at Brown Lowery for the past 5 years.

Diana Mowry, nature lover, runner, and active volunteer has been working alongside her husband Richard and Peter Spears for the past 5 years.

Fourth Presentation Wednesday February 8, 2012

The David Thompson Corridor – Secrets Revealed

The David Thompson Corridor is a spectacular network of Provincial Parks connected along Highway 11 from Red Deer to the Rocky Mountains. It contains some of Alberta's best kept secrets of untamed scenery, wildlife, and wild adventure. From carnivorous plants, to a mountain desert, to the oldest living things in the province, the David Thompson Corridor hides many secrets. Join us as we uncover some of the mystery hidden along this often unheralded mountain corridor.

Presenter: Graham Thursfield is the Visitor Services Supervisor for the David Thompson Corridor with Alberta Parks. Based out of Rocky Mountain House he lives, works and plays in the wilderness of the Central Rockies

For more information, please check our website at www.fish-creek.org or contact:

Roland Kirzinger
Environmental Education Coordinator
Fish Creek Environmental Learning Centre
(403) 297-7927 or toll-free 310-0000, then (403) 297-7927.



Sierra Club of Canada Chinook Group



Outings Schedule 2012

January 20 - 22, 2012: Snowshoeing and Cross-Country Skiing in Lake Louise

We will be staying at a the HI Lake Louise, arriving Friday night, heading out for a day trip on Saturday, gather back at the hostel for a delicious potluck on Saturday evening and then maybe do another short trip on Sunday in smaller groups before heading back home. We'll decide what routes to do on Friday evening or Saturday morning when we have everyone together. Depending on the group's interest we will either snowshoe, cross-country ski or split into two groups to do both.

The weekend coincides with the annual Ice Magic Festival in Lake Louise. On Saturday, we can watch the one hour ice carving competition (which is right across the road from the hostel), and on Sunday, we can tour the larger ice sculptures up at the Chateau. This outing is family-friendly.

Please RSVP by January 1, 2012 to kristin@sierraclubchinook.org.

February 19, 2012

Snowshoe trip to Paddy's Flats (easy, family-friendly)

March 17, 2012

Snowshoe trip to Chester Lake (moderate)

April 20-22, 2012

Overnight trip to Nordegg (easy/moderate, family-friendly)

May 6, 2012

45th Annual Pathway and River Cleanup (easy, 12 years or older)

May 26, 2012

Educational recycling and landfill tour

June 16, 2012

Hike to Rae Lake (easy but long with 17.2km, family-friendly with older kids)



SIERRA
CLUB
CHINOOK

Undercurrents

Kayaking Winter Clinics

- March 18
- March 25

Winter/Spring 2012 Dates Released!

During the fall & winter months Undercurrents offers paddling clinics for those that want to experience kayaking for the first time in the safety of a heated pool, or for those who want to improve their skills.

As well, for those that just want to practise on their own, we have pool sessions!

Prerequisites: 16+ years old (or 12 - 15 years old with a guardian in the pool).

Intro to Kayaking Clinic!

This is an introduction to the basics of kayaking. In this clinic, you will be taught how to safely get into and out your kayak, "wet exits" and the basic strokes to get you going. Kayaks, sprayskirts and paddles are included!

- Jan 22
- Feb 12
- Feb 26
- March 4
- March 18
- March 25

Kayak Rolling Clinic!

This 90 minute clinic is a great opportunity to learn to roll your kayak, or to improve the roll you have. Each participant receives individual attention, based on their current rolling ability. Kayaks, sprayskirts and paddles are included!

- Jan 22
- Feb 12
- Feb 26
- March 4

All Undercurrents paddling clinics are held on Sunday evenings from 7:30 pm until 9:00 pm. They occur at the Mount Royal University pool. We limit the number of participants to ensure everyone has a great time. Therefore, you must pre-register by calling 403-262-4327 or visiting Undercurrents. Sorry, but no drop-ins are allowed!

Each clinic is \$54 per person. Equipment is included! GST is extra.

The pool is located at Mount Royal University in SW Calgary, near Glenmore Trail and Sarcee Trail. Parking is free on Sundays. Enter through the "Recreation" entrance and go down the stairs.

Undercurrents hosts pool sessions throughout the off-season so that paddlers can practise their skills and have an excuse to do a little paddling and socializing while the weather is cool.

- March 4
- March 18
- March 25

Pool Sessions are \$12 per person. Kayaks, sprayskirts and paddles are included! GST is extra.

Prerequisites: 16+ years old (or 12 - 15 years old with a guardian in the pool) and completion of the "Intro to Kayaking" course or previous experience with a kayak and the ability to perform a wet exit if requested by any staff, lifeguard or volunteer.



Meeting Rooms for Rent at the Calgary Area Outdoor Council

When the Calgary Area Outdoor Council is not using its two meeting rooms for our own programs and functions we make them available for rent to other groups.

Groups typically use our meeting rooms for conferences, training sessions and workshops, seminars and forums, media launches, and any number of let's-get-away-from-the-office functions. The rooms are also frequently used for events such as art shows, baby showers, birthdays, yoga, spiritual gatherings and graduation celebrations.

If your group is interested in meeting room space at reasonable rates contact the CAOC office at (403) 270-2262 or caoc@caoc.ab.ca.



Bow River Room **(Capacity: 6 - 8 people)**

Rental Rates for CAOC Members:
\$25 per hour or \$150 for the day
(plus GST)

Rental Rates for Non-Members:
\$30 per hour or \$180 for the day
(plus GST)



Rocky Mountain Room **(Capacity: 36 - 42 people)**

Rental Rates for CAOC Members:
\$30 per hour or \$180 for the day
(plus GST)

Rental Rates for Non-Members:
\$35 per hour or \$210 for the day
(plus GST)



Calgary Area Outdoor Council
1111 Memorial Drive NW
Calgary, Alberta, T2N 3E4
Phone: (403) 270-2262
Fax: (403) 270-3654
Email: caoc@caoc.ab.ca
Website: www.caoc.ab.ca
Office Hours: 9:00am—5:00pm, Mon—Fri

The Calgary Area Outdoor Council (CAOC) is a registered non-profit association of 80+ member organizations who share common interests in outdoor recreation and environmental care. Our role is to enhance access to the outdoors through communications, education, representation and leadership.

Outdoor Update Newsletter

The *Outdoor Update* is a free monthly newsletter from the Calgary Area Outdoor Council. It contains articles, events, notices, and other information from, for, and about the outdoor recreation and environmental care community. To subscribe contact our office at (403) 270-2262 or caoc@caoc.ab.ca. To include your own information in the *Outdoor Update* email your material, along with your specific request to have it published, to our office by mid-month. Text should be sent in Microsoft Word format please. Accompanying images and photos should be sent in JPEG format please. If your photos require credit please provide the relevant details. CAOC reserves the right to accept, decline or edit any material received for publication.



Prospect Human Services Society, a non-profit agency, provides outdoor recreation experiences for people with special needs. CAOC itself can attest to the outstanding work that Prospect does for this sector of the outdoors community. Anyone wishing to assist in Prospect's endeavours are please asked to contact Prospect or CAOC.

(More information on page 4.)