



FRIENDS^{OF}
KANANASKIS COUNTRY

If You Admire the View, You Are a Friend Of Kananaskis



Jessica Munier, "View from the Top". FOKC Photo Contest Top 12

In this month's newsletter...

- Our upcoming fundraiser
- September Trail Care update
- A major donation announcement
- News from the Board
- News from your Society: Our new logo, our new donors, a survey opportunity reminder
- Kananaskis Special Places Part 5b: The Rae Glacier

Our fundraiser is right around the corner!

The Friends of Kananaskis Country is holding its first ever fundraiser on Thursday September 26, 2013 at Ceili's Irish Pub (803-8 avenue SW in Calgary). Doors open at 5:30pm. All proceeds from this event will go to the rebuilding of trails in Kananaskis affected by the floods. Along with evening entertainment, we will be holding a Silent Auction and there will be lots of other special surprises.



Tickets are only \$20 and are now available at the door only. You can, however, reserve a ticket by e-mailing info@kananaskis.org.

We'll also have a couple of special guests, including:

- **Gillean Daffern**, author of the Kananaskis Trail Guides, will be “in the house”, and will be making a short talk. Copies of the newly released Volume 3 in the 4th Edition will be available for purchase. Bring along your own copies of her guidebooks, and get them autographed! Gillean will be speaking briefly at 6:30 PM
- The founding members of **The Hillside Collective**, a local Kananaskis band, will be playing some songs. Check out the full band [here](#). The Collective's performance will start at 7:30 PM.



We've had some amazing sponsors donate prizes for the silent auction. They include the **Calgary Flames, WestJet, the Delta Lodge at Kananaskis, Ivory/Noir Salon, SOMA, the Yoga Lounge, TopMade, 13th Avenue Photography, KPMG, Parlee McLaws LLP** and others. See more on our website [here](#).

September Trail Care Update

by Rosemary Power, Program Coordinator

The Friends of Kananaskis is pleased to report we have had our biggest year of trail work **ever**, and the year's not even over! While we wish this came without the drawbacks of the damaged trails from flooding, we are confident that we can build on this year's progress to help Alberta Parks deliver the best trail network yet.

So how much have we achieved so far this year? For some perspective, in 2012, we delivered 2,500 hours of trail care work, and we thought that was a pretty big year. So far, in 2013, Friends of Kananaskis have logged over **3,900 hours of trail work**, across **41** trail building and maintenance events, including 10 at the Canmore Nordic Centre, 6 at Heart Creek, 7 at Fox Creek, 11 at Quait Valley/Jewel Pass and 3 on the Galatea trail. This was in spite of the fact that at least 17 events were cancelled due to the flooding. This is even more impressive when you consider that our goal for the 2013 was only to try and match 2012's 2,500 hours of work, so we have already exceeded our goal by 55%! In addition, the "typical" work we have done so far this year has been significantly more challenging and labour intensive than our previous benchmark year of 2012.



How was all of this possible? It was a combination of:

- hard work on behalf of our wonderful volunteers, many whom have put in several work days in 2013;
- an awesome response from our great crew leaders;
- the TPR (Tourism, Parks & Recreation) trail crew supervisors with whom we work: **Jeff Eamon, James Cieslak** and **Matt Hadley**, and their respective crews (all of whom are awesome, by the way), and;
- our four volunteer interns working under Matt at the Canmore Nordic Centre;
- incredible support from our 2013 trail care title sponsor, TransAlta Utilities.



Our membership has more than doubled in the last year, from about 500 folks in mid 2012, to almost 1,100 members today. About half our new members joined prior to the floods, half since June of 2013.

We are extremely pleased at how far we have come. With fall providing still more time to continue our work (weather permitting), we look forward to continuing to recover from the flood damage, and help develop unique, beautiful trails for everyone to experience.



A sow watches her cub up a tree. Photo courtesy John Paczcowski, Alberta Parks

The Friends make a substantial, impactful donation to Alberta Parks

Flood damaged hiking and mountain biking trails in Kananaskis Country are getting a big boost of support courtesy of The Friends of Kananaskis Country.

Recognizing the extent of damage done by the June floods, where a half of Kananaskis' 1,176 km of trails suffered damage, the Friends decided to step up their direct support to Parks' trail-repair needs.

“Normally, The Friends tap into our membership to provide thousands of hours of volunteer time to help on Parks' trail repair projects,” says Friends' Director of Communications, Derek Ryder. “But due to the extent of the flood damage, heavier equipment is needed prior to our volunteers coming in.”

So with the help of the Friends' major sponsors **TransAlta**, **the Town of Canmore**, **Patagonia**, **OnwardUp**, and the **Canmore Seniors Association**, the Friends purchased four heavy-duty powered wheelbarrows for Parks to use on trail care projects. Each can carry up to 1,000 lbs of material, climb a 15° grade, and travel up to 3.5 km/hr. The Friends funded the \$30,000 purchase, which will be used in the Kananaskis, Elbow and Sheep Valley areas as well as Peter Lougheed and Spray Valley Provincial Parks.



“There a few constants in this life, two of them being: rocks will never get lighter and people will never get younger,” says Jeff Eamon, Alberta Parks Trails Supervisor in Kananaskis. “ With the power of these self propelled wheelbarrows to carry 1,000 lbs of material, we have made the rocks feel lighter and the people carrying them feel younger. The flood damage this year moved tons of rocks. Now, Parks staff and volunteers have the ability to move those rocks and materials to where we want them, no matter where the location is”



The Friends and Alberta Parks hosted a hand-over ceremony on Friday, September 20th at Bow Valley Provincial Park, and the media was invited. That's Jeff Eamon being interviewed by the CBC at the handover ceremony.

Read more in our press release [here](#). You can read the CBC's coverage of our press event [here](#).

News from the Board - Part 1

By Don Cockerton, Past Chair

The board said a fond farewell to Hilary Young earlier this month as she moves on with her career and young family. That leaves the board with 12 people but on the lookout for another committed Canmore person. In September, we held our Annual General Meeting, and it's at this time that Board members commonly swap roles. The current board was re-confirmed at the AGM when it was also decided that James Early and Derek Ryder would serve as Co-Chairs for the next year. I stepped down as Acting Chair and into the role of Past Chair. The appointment of Treasurer, Secretary and the various Committees will take place at the next board meeting later in October.

All change, but more of the same

By James Early, Co-Chair

During the past 10-months of my involvement with the Friends of Kananaskis Country I have had the pleasure of witnessing, and being part of, the evolution of the Board to a

functional, practical body that has revisited its roots and started planning for the future. Just prior to the 2013 flooding the Friends analyzed and revised its existing Vision and Mission statements and adopted a Business Plan that will see the Friends through to the end of 2014.

At the Annual General Meeting on September 19, 2013 the Board evolved again. After acting as Interim-Chair and overseeing the reinvigoration of the Friends, Don Cockerton stepped down as Chair and passed the baton to Derek Ryder and me, and together we are Co-Chairs of the Friends of Kananaskis Country. We are pleased to announce that Don will remain on the Board of the Friends as Past-Chair and continue to provide his wealth of knowledge and experience going forward.

While some roles on the Board changed, the make-up of the Board remains largely the same and I am excited to work with Derek to steer the Friends to even greater successes and ultimately provide guidance to the Board to allow it to fulfill its Vision and Mission:

Vision

A Kananaskis Country of exquisite natural and cultural landscapes enjoyed by present and future generations.

Mission

To cooperate with the Alberta Government and community to engage in the sound stewardship of Kananaskis Country through participation and education.

As you may recall from the July, 2013 newsletter, the Friends are currently operating under the guidance of a 2013-2014 Business Plan. The Plan contemplates continued improvement in the provision of trail care services to the Alberta Government, the re-introduction of education programs and the perfection of board governance matters to ensure the continued smooth operation of the Friends. So, while there are changes at the Friends, the goals remain the same.



The Business Plan will guide the Friends to the end of 2014. However, one personal hope of mine is that by the end of 2014 the Friends has its first educational program up and running. As a member of the education committee I hope to be instrumental in making this a reality and, as Co-Chair, will take a leadership role in this regard. That 'program' is currently unknown. Any education program, first and foremost, has to be needed by the Kananaskis

Country community. Second, it has to be funded and fit within the Friends' budget and time constraints.

'Sustainable' is a highly evocative word. However, in this case, any education program must be sustainable. That is, any program that the Friends establish must operate flawlessly and the time and budget spent on the program should have no material impact upon the Friends work in trail care or other obligations. The Friends have learned from past mistakes and do not intend on stretching its work too quickly and too thin. The Friends must be sustainable.



With that said, my second hope is that the Friends become more responsive to the needs of its members and the users of Kananaskis Country. For example, the Friends' Business Plan contemplates developing a trail care communication system where the members of the Friends can have their voice heard when it comes to developing trail care ideas. By the same token, open communication with the Friends' members and other users of Kananaskis Country will better enable the Friends to identify what educational programs may be needed in Kananaskis Country. I hope that the Friends also consider potential partnerships with other groups and organizations in order to deliver programs for the benefit of its members.

A lot of hard work lies ahead. Derek and I are up for the task, as is your current Board -- and the membership. This is demonstrated by the contribution of over 3,900 hours of volunteer time to trail care to date in 2013. This, by far, eclipses the 2,500 hours of volunteer time during the whole 2012 season. I am excited to serve as Co-Chair and to do my part to ensure that present and future generations enjoy a Kananaskis Country of exquisite natural and cultural landscapes.

Before ending, I do wish to acknowledge the contributions that Hilary Young made to the Friends. After serving her full three-year term with the Friends of Kananaskis Country, regrettably she provided the Board with notice of her resignation. We all wish her the best, and expect that we will have a continued relationship with Hilary into the future.

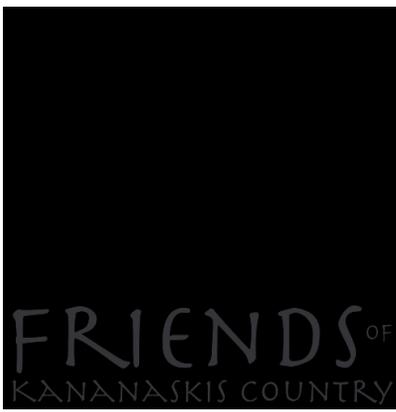


The Friends have a new logo!

Did you notice up top? That really cool green and blue boot print with stylized mountains in the tread? It's on our Facebook and Twitter feeds, too!

In February 2013, the Board concluded that our old logo needed a makeover. Many years ago, the Friends funded wolf research in Kananaskis. That research started when the Friends we formed in 1996, but finished a number of years ago. In 1996, the wolf symbolized much of what the Friends was about: education and helping the new and fledgling K-Country to grow strong and survive. So the Friends selected a detailed pencil sketch of a wolf as their mascot and logo. But K-Country has moved forward since then, the wolf research projects have concluded, and the wolf logo no longer ties to the Friends renewed focus on trail care.





Several members of the Friends' Board worked with Graphic Designer Chesley Ryder to imagine new and better ways to show the Friends' modern identity. After looking at several options, the Board selected the new design: a boot-print, with mountain shapes for the tread.

“In my mind, there is nothing more picturesque than the reflection in a mountain lake,” said Chesley about the inspiration for her new design. “My hope is that the new logo captures the beauty of the mountains and lakes in

Kananaskis Country, while doing its part to remind us that if we take only pictures, tread lightly – whether we are hiking, biking, horse-riding, or off-roading — and support the Friends of Kananaskis Country in their work to build and improve trails, then we can continue to explore and be inspired by these places.”

The Board thanks Chesley for the donation of her time, creativity and energy in creating a beautiful, modern new look for the re-energized Friends of Kananaskis. You can see more of Chesley's graphic design and photographic work on her website [here](#).

Amazing donors step up!

We have had a number of new donors make substantial contributions to the Friends in the last few weeks.

The Insurance Professionals of Calgary chose to make the Friends the recipient of a portion the funds raised by their annual charity gala. Much as the Insurance Professionals are involved with restoring food damaged homes, the Friends are involved in restoring flood damage in a different way.



Hosteling International Canada hosts an annual fundraising race called the “Kananaskis 100”, which is a primary fundraiser for HI in the region. Many of the trails in K-Country that are used as part of the race route received significant flood damage. When their 2012 race was canceled by the floods, rather than return the entry fees, their racers asked that the money be put back into post-flood trail restoration. HI directed a grant to the Friends to work on race trails, especially in the Kananaskis Village area.



We thank these amazing companies for helping us restore flood damaged trails in K-Country. You or your company can help, too. Head to our website to see how to [donate](#).

One of our members needs your help

Can you spare 45 minutes of your time to do a survey? Friends member **Lauren Zabel** is an active volunteer with us, and a Parks interpreter, and past Friends volunteer coordinator. If this isn't enough, she is also a Masters candidate at University of Calgary. Her Masters thesis is studying volunteerism in Kananaskis Country (that would be you!). The objectives of her research study are to (1) investigate how volunteers perceive their role(s) within Alberta Parks, (2) gain insight into how Alberta Park's staff and partners in the Kananaskis Region understand volunteerism from their respective work units and experiences, and (3) offer recommendations on moving forward with positive volunteer management experiences for both staff and volunteers. She only needs 45 minutes of your time to complete an anonymous, on-line survey. Interested? Click [here](#) to get more info and start the survey!



Kananaskis' Special Places, Part 5: The Rae Glacier

5th in a series by Derek Ryder, Director of Communications

The greater Kananaskis area protects numerous special places, and in this series of articles, I'm going to take you to a number of my favourites. Some of these hide, and some are in the open but get passed by. All are worth exploring if you want to see the unique bits of our beloved space.

Kananaskis Country is home to the most easterly glaciers in the Rockies (the Robertson Glacier, viewed from the Burstall Pass trail, is pictured above), and several of them are quite accessible to mere mortals like me. In this two part series, we're going to look at K-Countries many glaciers, and talk about two that you can easily get to. Last month, I took you to Old Goat Glacier. This month, we're going to visit the Rae Glacier.

But remember the warning: **glaciers can be quite dangerous**. They can hold features like crevasses and bergschrunds and seracs that can readily kill you (and Rae Glacier does have these features). They commonly are in places where avalanches can occur. There are "safer" times to visit them, "safer" glaciers to visit, and "safer" ways to visit them, but none are truly risk free.

The Rae Glacier is easier to access than Old Goat, but the flooding did some damage up here. Head down Highway 40 to the Elbow Lake trailhead, just south of the Highwood Pass. Hike the short 1.75 km up to the lake and backcountry campground, gaining a mere 150 m (and passing a rock field that's home to pikas).



Skirt the lake on the south side, and arrive at an alluvial fan formed by the creek coming down the glacier and valley beside it. Turn right. The photo to the left is a pre-flood view of what the fan looked like at the turn. Now, after the floods, the former trail disappears in a rock field at this turn.

Pick your way across the rocks for about 400 meters after which the trail reappears at the base of the rib. The trail is in good shape going up the rib and through the trees. After that, the old trail up the right side on the scree is largely swept away now. You'll probably have cross the creek twice on your way up to the base of the moraine, as the old trail route on the right side is now too unstable. Attempting the creek crossing at high water could be dangerous. The photo to the above right is looking back at the valley you've climbed through after making the top of the rib. It's a pre-flood shot; the old trail was on the left of the photo. *(Note: Thanks to Wayne Hortensius and Gilleen Daffern's kananaskisblog.com site for the post-flood trail update).*



You'll get to the glacier less than 5 km after leaving your car, with only about a 300 m



climb in total.

This is a pretty stark basin, like most glacial basins are. A combination of ice under rock and the fact that the ice used to be farther down limits the plants that have grown and can grow here. The photo on the right is a long view of the whole basin from below all the ice.

visible toe you'll notice that you're now walking on what looks like piles of gravel but is in fact ice covered by a layer of gravel, so the glacier's bigger than you think it is. Crevasses and other hazards can be hidden by rocks at the edge of the glacier. No matter how tempting, never go on a glacier, even the rock covered portion without proper training and equipment. You're risking everything from crevasses to avalanche danger (even in summer).



Like Old Goat, part the way to the glacier's

Again, this is one of those places where people ski all summer long, so don't be surprised if you see tracks coming down or going up.

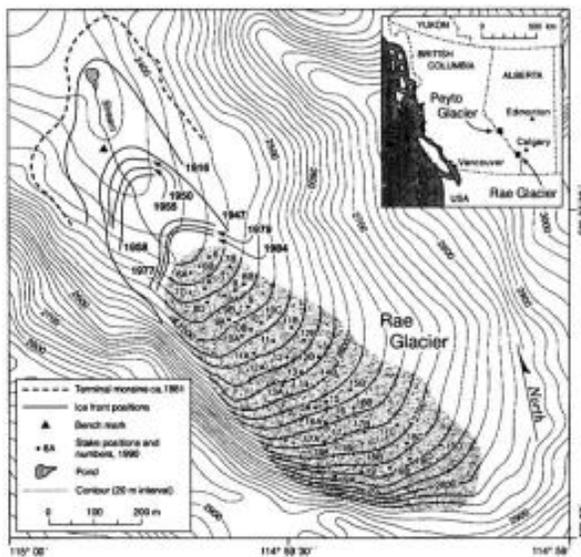


Fig. 1. Location and topographic character of Rae Glacier, Alberta. Shown on the map are the historical terminus positions of the glacier and the location of survey stakes placed on the glacier in 1990.

The Rae Glacier is not just accessible; it's really well studied. Groups from the geography departments of the University of Saskatchewan and the University of Victoria have been examining it for years and have published multiple papers on it; two of which you can read [here](#) and [here](#). Like all western Canadian glaciers, Rae has been melting back faster than it has been moving forwards for the last 170 years. Prior to that, the last "little ice age" of global cooling started about 1350 AD and peaked in about 1850, so the Rae was advancing in that window. The maximum extent of most of the North American

glaciers was around 1844, and everything's been melting back since then; Rae is no exception. It's smaller than it was in 1844; it's the same size today as it was sometime

before 1844, but no one was around to take pictures (and the moraines you can use to measure glacial extent are gone). The glacier's recession since 1881 is clearly shown on the map to the right, taken from one of the papers linked above. If there is any symmetry in this, the Rae's the same size as it was 170 years before 1844, or somewhere in the late 1600's.

According to the above research, Rae moves forward at an average velocity of 5 m per year (13 mm/day) at the top, but only 1 m/yr at the toe -- and it's moving faster on its south side than the north. The retreat rate of the toe was down in the 2.2 m/yr range in the 1970's, and up in the range of 7 m/yr in the period 1916-1951. So this glacier isn't moving very fast in any direction, and its recession has sped up and slowed down several times in the last 170 years. The ice is up to 90 m deep. There is a documented berschrund and numerous crevasses up high you can read about in the papers.

There's a commonly held belief that the Rae Glacier is the main source of the Elbow River, and yes, it is a contributor for sure – but only a very, very small one. The majority of the “headwaters of the Elbow” actually comes from a waterfall leaving the basin next door to Rae, pictured at right, which contains a nevé. A nevé is a place where snow accumulates but is not glacial; kind of the midpoint between the light fluffy stuff that falls and the highly dense glacial



ice. There's pretty much always a raging spring that is roaring down the canyon (creating the creek that is tough to cross these days), and that spring is sourced from the nevé. The Rae glacial creek is a mere trickle by comparison. The water "appears" from a spring at the basin edge of the valley next to the Rae Glacier. Way in the back of that basin is a huge snow patch that's sort of trying to be a glacier.

Of course, Elbow Lake is spring fed and also joins the Elbow River, too, also providing the river with substantially more volume than is leaking out of the Rae Glacier.

In the right conditions – and the fall of 2012 was certainly one of them – you can snowshoe up to the glacier by late November. Being inside the winter closure area on Highway 40, the last day the trailhead is accessible is December 15th. Unlike Old Goat, where you have to climb a steep wall to get to the glacier, Rae's much more benign a walk, though it does have some avalanche slope exposure. However, in the winter, it looks like one big snowfield, and the glacier's dangers can be hidden under a thin snow cover, creating the risk that you walk too far. For me, it's a great walk in late summer when you can readily see moving ice in its VERY slow action, and stay safe while doing so.



We extend our ongoing thanks to TransAlta, our Trail Care title sponsor. Without their support, we could not have executed the 2012 trail care program, and we are honoured to have them back as the title sponsor of the trail care program in 2013!



Your Donations are Always Appreciated and Needed

There are many ways to express your gratitude for Kananaskis Country and we are always grateful for contributions that help us maintain our programs, operations and help us restore flood damaged trails. Friends of Kananaskis Country is a registered charity in good standing and we provide charitable receipts for donations over \$20.00. You can reach us directly by mail at the address below, through the [donations link on our website](#), through [ATB Cares](#), or [CanadaHelps](#). Thank you for your support!

Friends of Kananaskis Country
201-800 Railway Avenue
Canmore, AB T1W 1P1

[follow on Twitter](#) | [like on Facebook](#) | [forward to a friend](#)

Copyright © 2013 Friends of Kananaskis Country, All rights reserved.

MailChimp

[unsubscribe from this list](#) | [update subscription preferences](#)