

So far, July has had nearly perfect hiking and biking weather. Have you been out?



FRIENDS^{OF}
KANANASKIS COUNTRY

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



In this month's newsletter...

- The Patagonia Trail Care Program Report: A Busy July
- News from the Board
- Other News: Welcome to Nancy Ouimet & Dave Nielsen, Hurray for **Husky Energy**, the SSRP is out
- A car-camping equipment checklist
- The Movies of K-Country: *Superman: The Movie*

The Patagonia Trail Care Program Report

by Joan Ford, Office Coordinator

The Friends hosted the official kick off to the 2014 Trail Care season with a free BBQ and Annual General Meeting at the Nordic centre on Saturday, June 28 from noon to 4:00. We had close to 20 volunteers show up for free hamburgers, salad, soft drinks, beer, cookies and tons of door prizes. Almost everyone stayed on for the AGM, which took place right after the BBQ. It was well attended and lively, all the feedback suggested we should do it again next year.



The Patagonia Trail Care days started up for the month on July 5th at the Cat Creek Interpretive Trail down in the southern end of K-Country. Parks installed bridges and we took part in the final cleanup and building of the approaches and landscaping. Twelve volunteers spent the day moving rocks, raking and general landscaping. Our intrepid crew leader provided his van for carpooling from Calgary and from all accounts, it was a busy and productive day.

We picked up where we left off at Pocaterra on July 12th, and rounded off 4 trail days along Pocaterra Creek that we started earlier in June. Eight volunteers showed up to finish clearing trees and brush along the newly constructed portions of the Pocaterra trail. Yet again our Friends crew leader organized a carpool for some of our Calgary friends and got the day off to a great start.



We wrapped up a busy month of trail care days with Ribbon Creek where we spent from Monday July 14th to Thursday July 17th fielding a trail crew each day to help Parks re-open Ribbon Creek. Parks was in with an excavator to prepare for our team of 5 to 6 volunteers per day, who worked alongside of the Parks crews. With our help, Ribbon Creek is scheduled to re-open to the public by mid-August. We anticipate more trail days along Ribbon Creek later this month and into August so please stay tuned.



And then it was on to Parks Day which was held on Sunday, July 20th at Bow Valley Provincial Park. The Friends had a lively and interesting display set up which was well attended. We handed out t-shirts, postcards, posters and carabineers and suckers for all big and little kids.



As I write this, we are in the process of organizing trail days along the Upper Kananaskis Lake circuit trail that leads to Hidden Lake which is tentatively scheduled for July 30th and 31st. We've had interest expressed from some of our Corporate friends for team building

corporate days, and hope to start involving companies/corporations into the Friends volunteer trail days.

That just about wraps it up for July as of this writing. Stay tuned to future volunteer opportunities on the [Current Projects](#) page of our website, and as always, we will keep you posted for trail days via email. We anticipate an extraordinarily busy August and September, stay tuned.

Happy hiking/biking/riding, and stay safe in Kananaskis Country!



Grizzly. Photo courtesy John Paczkowski, Alberta Parks

News from the Board

By James Early, Co-Chair

Summer, so far, has provided us with many opportunities to get out and enjoy Kananaskis. Unlike last year, the rains did not arrive and thankfully we are well underway with the reconstruction and restoration of our trails systems.

As you read above, the Friends have already been working away on trails at various locations including Ribbon Creek and Cat Creek, and we are currently calling for volunteers for work on Hidden Lake Trail on Thursday, July 31. To sign up, please give Joan a call at 403-678-5593 or visit [our website](#) where we post all of our current projects.

In the last 30 days, that page has had over 330 hits, so we know you look at it often.

Following Rosemary's departure, the Friends of Kananaxis Country were on the lookout for a new Program Coordinator and we are delighted to announce that we have now filled that position. Please join us in welcoming **Nancy Ouimet**, who starts with us on July 28. With a B.A. in Environmental Studies, and experience in the region with the Biosphere Institute of Bow Valley, Yellowstone to Yukon Conservation Initiative and The Banff Centre, we are honoured to have Nancy join our staff. More on Nancy, below. Thanks to Kevin, Derek and Kayla of the Board's HR Subcommittee who did all the searching and interview work.

The Friends have, once again, received a generous donation from our partner, **twenty4 sports**. Race entry fees for the 24 Hours race raised \$7,500 for trail maintenance, and this money will go directly to trail care at the CNC on the 24 Hours course. In addition, through 1% for the Planet, twenty4 sports made a direct donation to the Friends.



Finally, a big thank you to our fellow Board member, Manika Suri, for her efforts in making the Friends' attendance at this year's Alberta Parks Day a great success.

We're looking forward to seeing you on the trails.

Welcome to Nancy Ouimet!

We are honoured to announce that Nancy Ouimet will be joining us in the position of Program Coordinator in late July.

She joins us from the Banff Centre, where she has been in the Development Office for the last 3 years, assisting in fundraising and donor relations, plus volunteer management for their annual Midsummer Ball. Before that, she spent 5 years at the Yellowstone to Yukon Conservation Initiative Office, in a number of roles starting in administration, and including development, budgeting and project management. She even has experience "moving dirt" from roles earlier in her career.

Nancy brings strengths to the role that fill gaps in the Board's expertise, and a passion and energy for K-County that will serve us well into the future. It was a difficult search, with a significant number of outstanding candidates to choose from. We are pleased Nancy will be joining us!

Announcing a new sponsor: Husky Energy!

The Friends is pleased to announce that our Trail Crew Leaders and other key volunteers will now be supported by **Husky Energy!**



Our organization relies on volunteers, but none more so than our Trail Crew Leaders and Board members. Most of our volunteers come out once or twice per year. Our Crew Leaders, on the other hand, typically volunteer 10 times per year or more. A significant "cost" to them is the simple act of getting to and from all of our work sites. As part of our recognition program, we set a goal this year to try and help support these critical folks. Husky Energy has stepped up to support them through providing gas subsidies for their travel.

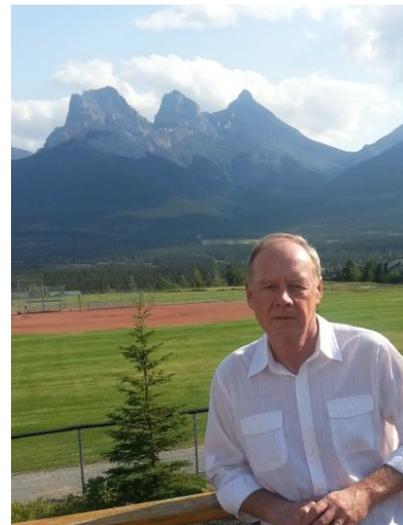
Husky has a long history of community support, especially for volunteers and for projects like ours dedicated to the environment. In addition, they are an active oil and gas operator in Kananaskis Country. Read about all of the community support they provide [here](#). We are honoured that they chose to support our key volunteers!

Welcome Dave Nielsen!

The Friends are also adding Board members these days, and we are pleased to announce that Dave Nielsen has joined our Board.

Dave worked with the Alberta Government for 30 years including 15 years as the Regional Director responsible for Kananaskis Country. He also worked with provincial parks agencies in Saskatchewan and Ontario during a 36 year career in the environmental management field.

Now retired, he continues to have a keen interest in Kananaskis Country and the lands adjacent to it, particularly on issues related to wildlife corridors, park management and the impacts of human use on park landscapes. Other interests include hiking, personal fitness, kayaking and travel.



South Saskatchewan Regional Plan Released

As we wrote back in [November 2013](#), the Friends participated in several sessions for the public consultation on the South Saskatchewan Regional Plan. That plan has now been finalized, and can be seen [here](#). What does the new plan say?

We wish we could tell you. It's only 201 pages long. There's a few new provincial

recreation areas and parks in the Sibbald, Elbow and Sheep areas. Bow Valley Wildland Park gets bigger. But generally, it's a big document and needs digesting.



Preparing for a Short Getaway in K-Country

by James Early, CoChair

A couple of months ago, I gave you some tips on what to pack for your hiking trip into Kananaskis Country's wilderness. That's all well and good for a day-hike, but what about that overnight trip? Here are just a few tips on what to pack for a longer stay in this beautiful part of the world (*Ed. note: This list works best for a car camping trip*).

Home away from home...

Tent (*one that can actually withstand wind and rain, and that you know how to set up in the dark*)

Ground cloth/tarp

Extra stakes

Shade tarp/poles/rope/stakes

Axe or hammer

Mat for tent entrance

Dust pan/brush



A good night's sleep...

Sleeping bag (like [this one?](#))

Sheets/blankets

Pillow

Thermarest sleeping pad/cot/tarp

Repair kit for air mattress

Utility bags for storage



Essentials...

Flashlight/headlamp/candle lantern – remember those spare batteries

First aid kit

Axe and pocket knife

Animal-proof cooler (*stored in your car; no repeating the scene to the right*)

Bug repellent (DEET-free if possible)

Sunscreen (non-toxic)

Lighter/torch/matches

Toilet paper

Chocolate

Marshmallows, Graham crackers, Hershey bars



For your enjoyment...

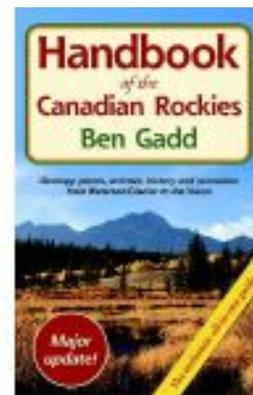
Camp chairs

Picnic mat/beach towels/hammock

Musical instruments

Card deck/books (nature ID guides, like Ben Gadd's great book)

Earplugs



Feed me...

Stove/BBQ and fuel
Coffee maker
Pots, pans, dishes and cutlery
Biodegradable, unscented dish soap
Wash basin
Dishcloths/towels
[Weenie- or marshmallow-roasting sticks](#)
Knife/cutting board
Reusable water bottle/water jug/collapsible pail
(don't be tempted to use bottled water)
Large water pail



What to wear...

Warm layers
Stay-dry layers
Boots, shoes, sandals
Socks and undies
Swimwear
Hat and sunglasses
Laundry bag



Home comforts...

Towels/washcloth
Tooth brush/tooth paste
Deodorant
Comb/brush
Chapstick
Personal medications – take extra
Biodegradable soap/shampoo in plastic case
[A personal shower](#) (if you're into pampering)



What Else?

Binoculars
Rope/clothes line
Bungi cords/straps
Cards/games/toys/golf
Duct tape/electrical tape
Notepad/pen
Small shovel
Safety pins
Work gloves
Small sewing kit
Fire extinguisher
Cell phone/charger & 2-way radios/walkie talkies
Scissors
Watch
Lightweight table



Remember to always check for fire bans, and be careful with the location and cleanliness of your fire pit area. Use environmentally friendly products and packaging wherever possible, and be sure to clean up after yourself to reduce human/animal conflict. Have fun!

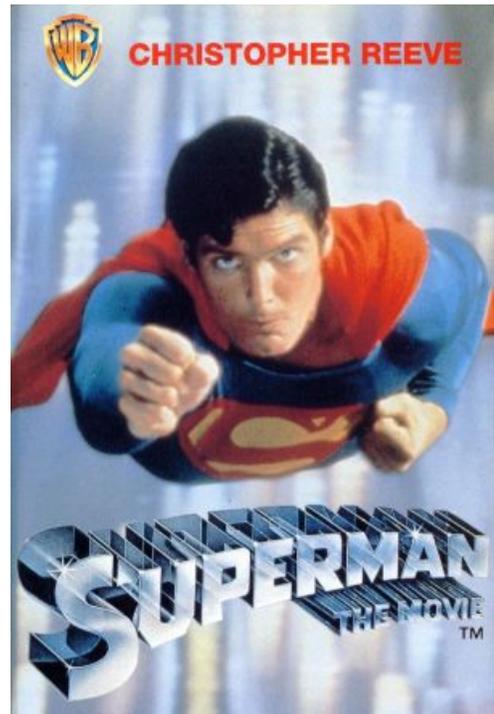


The Movies of K-Country: *Superman: The Movie*

14th in a Series by Derek Ryder, CoChair and Director of Communications

There have been many movies filmed in K-Country, some famous, some less so. In this series of articles, since I'm not a movie critic, I'm going to talk about these movies in a different light: how well they depict our favourite neighbourhood.

It was 1978 when Christopher Reeve, Gene Hackmen, Margot Kidder, Valerie Perrine, Ned Beatty and the rest of the cast and crew made the original and iconic ***Superman: The Movie*** primarily in Southern Alberta. By now, most people know that High River was the town of Smallville, where Superman grew up. There are plenty of prairie scenes, and some shot in the Drumheller area, too, including the beautiful scene of the funeral of Pa Kent, Clark's adopted dad. There's even a scene filmed on the Columbia Icefield where Superman is making his way north to his Fortress of Solitude in the Arctic (which was actually built in Pinewood Studios in England).



But about the 1:30 mark in the movie, Lex Luthor sets out to "steal" two nuclear missiles, and he does so in K-Country. The first scene was filmed at what is know as the Big Hill just south of the Barrier Dam. A remote control car fires north on the road, flips and crashes; Barrier Lake and Dam are visible in the background. An ambulance pulls out of the access road to Barrier Lake Day Use Area. In the second scene moments later, a second missile is stolen on a bridge (this bridge, once located on the 1A, is no longer there); Yamnuska is (of course) in the background.

They came to film these scenes in Canada because of the beautiful weather, but being K-Country, the weather didn't cooperate. There were rain delays and cost overruns. If you want to read about the filming experience in Alberta, how Valerie Perrine entertained the cast in her trailer, and how they made Clark outrun a train, you can read the "Making Of Superman" book, chapter 12, [here](#) -- because like all cult classic films, there's a website (www.superman1978.com) devoted to this movie, too.

These days, you can get a value pack of the original 4 Superman movies for about \$10 in any bargain bin. Not bad for what was then one of the most expensive movies ever made.



Your Donations are Always Appreciated and Needed

We are pleased to recognize the contributions of the [Calgary Foundation](#), who in 2014, made a 4 year commitment to support the Friends in flood recovery efforts.

The Friends are also supported by the [Patagonia stores in Calgary and Banff](#), who are our Trail Care Program Title sponsor, and suppliers of high quality gear for the outdoor enthusiast.

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!

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