

Beautiful hiking and riding conditions remain despite last week's cold and wet weather. Summer's back!



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: Ribbon's done!
- News from the Board
- Other News: Welcome to Tony Paradis, beautiful shirts and partnerships
- The Critters of K-Country: Osprey
- The Movies of K-Country: *Superman II*

The Patagonia Trail Care Program Report

by Nancy Ouimet, Program Coordinator

I'd like to start by saying HELLO to all the members! I am thrilled to be joining the Friends of Kananaskis Country as the Program Coordinator. My first month has given me a taste of what the 'Friends' is all about, and I'm truly inspired to be a part of an organization that has a strong foundation of volunteers who care about the Kananaskis trails, and want help maintain them for everyone's enjoyment. I look forward to meeting you on the trails and working together to maintain, repair, or build Kananaskis Country's exquisite trails.



Trail Care Update

August was a productive month: 9 trail days, in 5 different locations, with 60 volunteers contributing 400 hours of trail work. Thank you to the volunteers and crew leaders who did amazing work!

We spent 6 days working on an upper section of the Ribbon Creek Trail where Alberta Parks rebuilt the route this summer. Once they were done cutting the trail with heavy machinery, it was our turn to convert it into a finished product. This new section of trail starts where the Link Cross-Country Ski Trail meets Ribbon Creek, and up to the point where the trail passes the North Ribbon Creek bridge. The new trail is higher up on the slope compared to the old



trail which followed the creek and washed away in the 2013 flood. It offers more views of the neighbouring mountains and has a nice single track flow. It will serve as a hiking trail in the summer and single track cross-country skiing in the winter. This section of the Ribbon Creek Trail is now open to the public on weekends, but please note trail conditions remain highly variable and some sections remain partially closed, especially the beginning part from the parking lot. We suggest you check the [Alberta Parks Trail Report](#) (an excellent report that's updated every Thursday) for updates on the Ribbon Creek Trail conditions and closures.

Additionally, we helped Alberta Parks on the connector trail to Hidden Lake along the Upper Kananaskis Lake Circuit; constructing a new trail that by-passes the section of trail which typically floods every year. At Mt. Shark, we cleared brush and deadfall on a 5km unmaintained ski loop. And we assisted Alberta Environment and Sustainable Resource Development and Alberta Parks with the re-routing sections of the flood-damaged Prairie Creek Trail in the Elbow Valley. That's the crew hard at work at right.



Upcoming Trail Care Days

Looking ahead to September, we will be continuing our work on the Prairie Creek Trail and possibly working on mountain bike trails at the Canmore Nordic Centre. We anticipate there may be additional days in other areas of Kananaskis, so stay tuned. When we have confirmed dates on projects we will send you a note and post it on the [Current Projects](#) page of our website.



Bobcat up a tree. Photo courtesy John Paczkowski, Alberta Parks

Board Members **Kevin Smith** and **Don Cockerton** have been meeting regularly with various groups on two of our major upcoming projects: the interpretive trails revitalization and the High Rockies Trail.

The High Rockies trail, which we have written about in the past, is a new part of the [Trans Canada Trail](#) that will run from the Goat Creek trailhead in the north to Elk Pass in the south. A significant portion of this multi-purpose trail is new build, while other parts are either repurposing & upgrading existing trails, or reactivating old trails. Alberta TrailNet, the official representatives of the TransCanada Trail in Alberta, has procured sufficient funding for the project to proceed, and McElhanney Engineering out of Canmore is leading the trail design.



We had been hoping that we might be able to get at some of the reactivation/repurposing work this year, but as is so often the case on these big, multi-disciplined and multi-stakeholder projects, they are running a bit behind, so we are not expecting work until next year. The two phases that will be tackled first, Goat Creek to Spray Dam, and Lower K-Lakes Dam to Elk Pass, will need a combined 15 days of work from volunteer crews, which is a significant amount of “baseline work” from the Friends that will be done with approval from, but almost independent of, Parks. Both of these phases are reasonably straightforward work, but there are at least 3 boardwalks that will need building over wet areas.

The interpretive trail project is moving forward as well. Kevin did an inventory of the current state of three trails (Ptarmigan Cirque, Middle Lake and Heart Creek) to assess the condition of the interpretive materials and markers, and has participated in several planning meetings with Parks about how to proceed.



The Friends is pushing to move Heart Creek re-development along, as the Town of Canmore gave us a grant for 2014 to assist in developing the materials for a flood-related interpretive trail. Our fervent hope is that we can get some volunteers out this fall to help re-work any signage that the team and Parks decides on.

Welcome to Tony Paradis!

The Friends is pleased to announce that **Tony Paradis** has joined our Board of Directors! Tony is an avid sports fan, and during the day is a Project Accountant with FGL Sports

(the former Forzani Group, now owned by Canadian Tire). Tony brings additional financial accounting strength to the Board, and will be joining our Finance Subcommittee.

Our shirts are in!

One of our obligations under our Cooperating Agreement with Alberta Parks requires us to identify ourselves while doing volunteer work. Through the generosity of our 2014 Trail Care sponsors, the [Patagonia Stores](#) in Calgary and Banff, we received some amazingly comfortable and versatile shirts that have been provided to all of our crew leaders and Board members. The hiking shirt is the Patagonia "Sol Patrol", and the other is the Patagonia "Stretch Polo". Costs for embroidery were provided by a grant from the [Banff Community Foundation](#).



Whenever you see our folks acting in an official capacity, check out their great Patagonia clothing, now embroidered with our logo.

Partnerships with the GBCTA

We are close partners with the folks over at the [Greater Bragg Creek Trails Association](#). Their primary mandate is trail development and maintenance in K-Country around Bragg Creek, with a heavy emphasis on mountain bike trails. They primarily work on lands managed by Sustainable Resource Development, and not Alberta Parks. This gives them the ability to proactively plan trail work, as they don't need to wait for SRD to call trail care days, as we do with Parks. We're a significantly larger organization than they are, and recently, they asked for some help on some upcoming pre-planned trail care events. We're going to be helping them this week on the maintenance of the Logger's Loop, and there will be other events coming. Stay tuned!



Don't do this in the forest!

While on the topic of partnerships, one of our other partners, the Bow Valley Stewards, just helped Conservation Officers remove illegal technical mountain bike structures from unapproved trails in the wildlife corridor in Bow Valley Wildland Provincial Park above Canmore. There's a lot of reasons these aren't allowed; that you can't build a permanent structure in a Provincial Park without a permit, and that you're only allowed on designated trails in a wildlife corridor are just two. As the Friends of Kananaskis, we support Alberta Parks in protecting our parks and wildlife spaces, and applaud the efforts of the Stewards. Read more about the work [here](#).



The Critters of K-Country: Osprey

Fifth in a series by Derek Ryder, Director of Communications

Kananaskis Country is home to a wide variety of creatures, great and small. Big ones, like bears and elk, get a lot of attention. In this series, I'm going to look at some of the ones we pay less attention to.

One of the most common raptors you will see majestically soaring over K-Country is the osprey. These distinctive birds of prey are fish eaters, and love the waters in K-Country, including the Upper and Lower K-Lakes, Spray Lakes, the Kananaskis and Bow Rivers, Lac Des Arcs and pretty much any other body of water that has fish in it. This past weekend, I spent an hour watching a pair of osprey competing with the people fishing at the stocked Mt. Lorette Ponds.



Ospreys regularly nest in Canmore near the Grassi Lakes trailhead (*that's mom, dad and the nest at the left*), plus over by the Engine Bridge. They build large nests on the tops of trees – especially dead trees – made out of sticks. To an osprey, a power pole is a perfect nesting site, so commonly, in order to not electrocute the birds, power companies build nesting platforms near the powerlines as a safer alternative. Annually, Fortis puts [a camera](#) on a nesting pole in Exshaw and it's fun to spend the summer watching the birds lay and hatch the eggs, then raise their young.

Ospreys are superbly adapted fishermen. In addition to having a small head that has less drag in the water, their feathers are waterproof, and their feet are designed to hold a fish while in flight. Two toes point forward, two backward (*you can see that in the top photo above*), and the soles of their feet have rough scales to hold slippery fish. Ospreys actually carry their fish facing forwards and parallel to their flight path to reduce drag, as you can see in the photo to the right. Bald eagles carry fish at 90° to their flight path, which is much less aerodynamic!



Ospreys can be identified in flight at a distance by the distinctive "W" shape of their wings, as you can see in the photo to the left. Other things that set them apart from other raptors such as eagles include the dark brown band that runs through their eyes. There's virtually no difference in size or colour between males and females. Mating pairs return to the same nests year after year, so once you find a pair, you get to see them time and again.



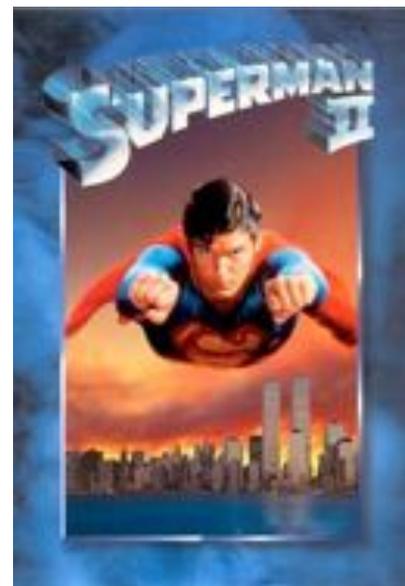
The Movies of K-Country: *Superman II*

15th 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.

Okay, this is cheating on my part, but then it was cheating on Richard Donner's part, too. Last month, I wrote about the original 1978 **Superman** movie starring Christopher Reeve, Margot Kidder, Gene Hackman, Valerie Perrine, Ned Beatty and Marlon Brando, which was directed by Donner. I mentioned how a lot of the movie was filmed in Alberta, and a few scenes were shot in K-Country. What I didn't tell you was that Donner filmed **Superman** and **Superman II** simultaneously.

Because the budget for the original movie was the highest of any movie ever filmed to that point (each movie was north of \$55 million, and it took 10 years for another movie to break that mark), the studio wanted a way to reduce those costs. They were convinced it would be a big enough hit to spawn a sequel, so to

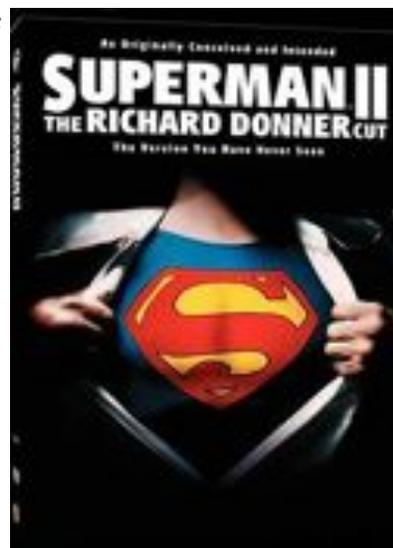


justify the ridiculously high budget, they decided to boost the budget slightly and film the second movie at the same time, effectively splitting the costs for the two movies. So about 1:18 into **Superman II**, you'll see K-Country again – the same stretch of road by Barrier Lake that you saw in the first film, driven by the same green car as in the first film (the one that turned over and was destroyed...), driving *on the wrong side of the road* just like the first film. But...

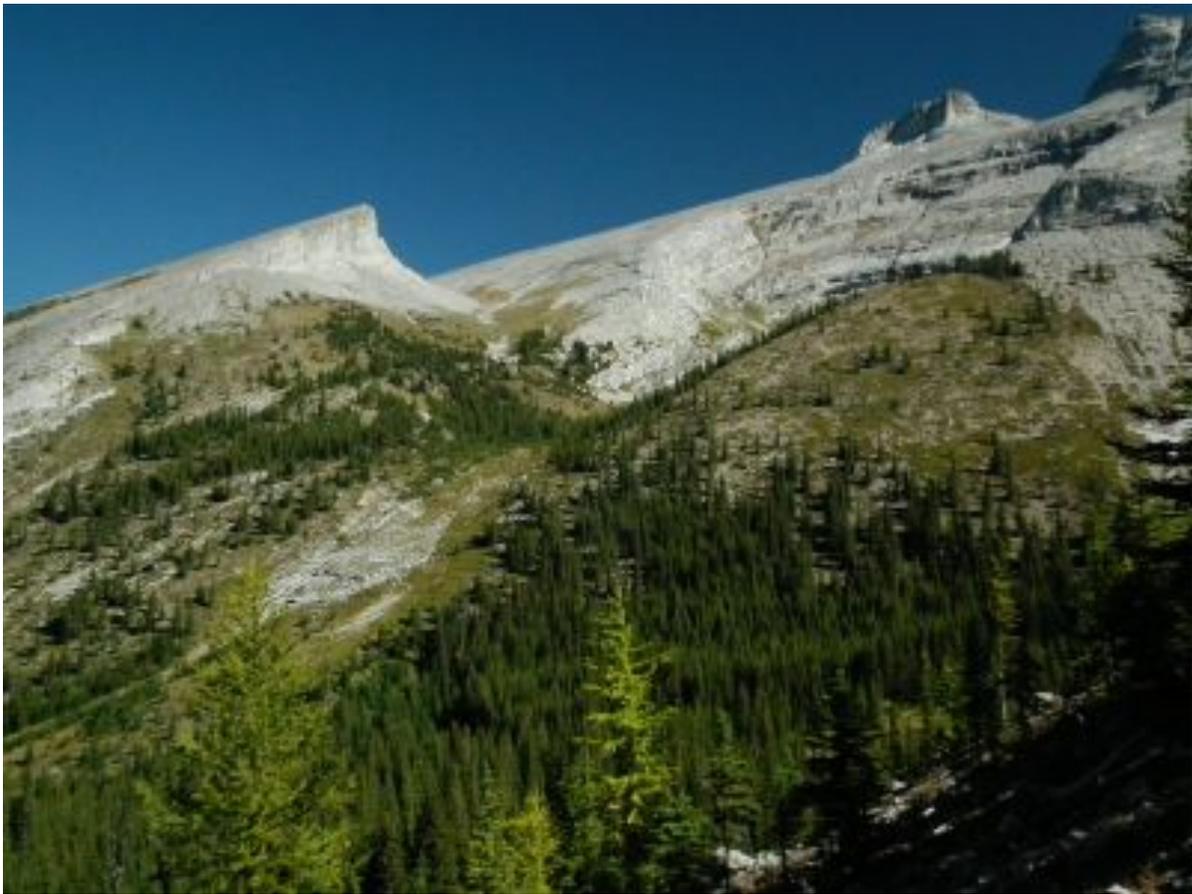
Donner only partially finished filming **Superman II** before he had to switch to finalizing the first movie. During the final the editing process of **Superman**, the studio fired Richard Donner. According to Wikipedia:

*The original director Richard Donner had completed, by his estimation, roughly 75% of the movie in 1977 before being taken off the project. Many of the scenes were shot by second director Richard Lester, who had been an uncredited producer on the first film. However, in order to receive full director's credit, Lester had to shoot up to 51% of the film, which included refilming several sequences originally filmed by Donner. According to statements made by Donner, roughly 25% of the theatrical cut of **Superman II** contains footage he shot, including all of Gene Hackman's scenes. In 2006, a re-cut of the film was released titled **Superman II: The Richard Donner Cut**.*

The new version restores as much of Donner's original conception as possible, with approximately 83% of his footage included. Some of Lester's theatrical footage was retained to fill gaps in the story line that Donner had not been able to film before his firing.



I recently found **Superman II: The Richard Donner Cut** in a bargain bin for \$5. Mr. Donner didn't use any of his own K-Country stuff in that version, so it's the original **Superman II** you want to see. As I mentioned last month, you can get a value pack of the original 4 Superman movies, including the Richard Lester version of **Superman II**, for about \$10 in any bargain bin.



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 2014 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!

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



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

Copyright © 2014 Friends of Kananaskis Country, All rights reserved.

MailChimp.

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