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Artisan Sour Dough Bread: Keep Cooking

by Brenda Selkirk

Hi Everyone,

I spent time in the kitchen over the winter months and after a few attempts at sour dough bread, I found a recipe that I would like to share. You use the below website for an excellent recipe!

<https://anoregoncottage.com/easy-sourdough-artisan-bread/>

Some people sampled this loaf and loved it. Others grabbed some starter and worked hard to make their loaf as delicious as mine.

My words of wisdom: Take your time and enjoy the process. Feel free to let me know how your baking goes.



I just burned 2,000 calories in a few hours.

That's the last time I take a nap while baking brownies.



YELLOWJOKES.COM

President's Message

by Helen Barry

Hello Friends,

Spring has sprung, and in spite of the continuing struggles with the pandemic, there is a general feeling of renewal and busyness in the air and with the Friends of Yoho.

The good news is that, at this date, Parks Canada plans to open up the Field Visitor Centre, on May 1, which means the Friends of Yoho Store will be open. Hallelujah!

However, at the time of writing this article, the Trans Canada Highway is closed between Field and Golden for the next several weeks for the highway upgrade project, and there are covid restrictions against anyone entering BC from other provinces. So, we expect it will be a slow start. But that's OK.

Also, if you come to visit us in the Visitor's Centre, don't be disappointed at a somewhat scaled down experience. In the interest of keeping people from lingering, Parks Canada has asked us not to have our lovely Spiral Tunnel Model on display, so it will have to remain under wraps for another season.

It remains to be seen if we will be able to offer Historic Walking Tours or other summer programs.

On the positive side, the Board has remained productive throughout the winter via video and telephone conferencing. I see looking back that in the Fall newsletter I said we were unable to do a fundraiser and membership drive. But I have happily had to eat my words. Board member, Sarah Osadetz, with lots of help from our treasurer, Patricia Narbaitz, as well as Brenda Selkirk, our manager, and the rest of the Board, pulled off an extremely successful On Line Auction Fundraiser, which you heard lots about. And, as we speak, Sarah is organizing a Membership Renewal campaign, which you will also hear about. Way to go Sarah!

As an old dog on the Board, I am happily learning new tricks from younger members. And what I have learned this year is that you don't have to be a Fieldite, or live

within Yoho Park to be an active and engaged Board member. At present, we have Board members from Golden and Calgary, and soon to be Canmore. So if any of you, our dear members, no matter where you are, feel like you would like to join this team, please let us know. Except for a fun and safely distanced cross-country ski at Emerald Lake this winter, we have not been together as a group for almost 18 months, but lots of things are happening.

There will be a few changes within the organization as well. Ginette Therrien, who has been keeping us on track with timely and accurate minute taking, has decided to take her leave from the Board, and I have plans to take a break within the next 6 months as well. Also, Brenda Selkirk, our fabulous General Manager, will be retiring in October. Thanks Brenda. We miss you already! We are just beginning the recruitment process for a new manager, so watch for that as well if that interests you. There is definitely room for new blood. Change is good.

So please remember to renew your membership, or consider becoming a lifetime member, and thanks for your loyalty.

Have a great summer, say hello if you make it to Yoho, and most of all, stay healthy.

Helen

A Treasurer's Journey

By Patricia Narbaitz

Two years ago when I joined the Friends of Yoho Society board as the Treasurer, I would have never imagined the challenges that the Friends would face over 2020 and 2021, but I also never imagined how rewarding the experience would be and the special relationships I would build in that time. The Friends of Yoho Society and its main funding source the retail outlet in the Parks Canada Visitor Centre in Field had record years in 2017 with Canada 150 and continuing into 2018 and 2019 with exploding tourism in the area. Fast forward a few years to 2020 and the store has had to remain closed for a full season. The board has been faced with difficult decisions about employment, safety and of course how to keep

focused on our mandate. Despite these difficulties, over the past 12 months I have seen tremendous dedication and energy from each of the board members our General Manager, and strong support from the community through our auction to help us through these times. I continue to be impressed by the time and energy that everyone is willing to put in to keep the Friends of Yoho Society strong. My time on the board so far has been one full of learning and adapting and as we reopen the store an begin generating sales to support our mandate, I am sure we will come across many more challenges and hurdles. But I know that the dedication of the membership, board members and General Manager will continue to take on these challenges to ensure the Friends of Yoho Society will continue and be able to support the research, cultural and educational activities of the beautiful Yoho National Park for many years to come.

Patricia

Board Member Biography

by Anna Powell



As a new board member of the Friends of Yoho National Park it seems like a good idea for my article in this edition of the newsletter to provide a short introduction to who I am, and what brought me to this part of the world.

My name is Anna Powell, and I was born in the South West of the UK in a small rural town called Sherborne. It's 45 minutes from Stonehenge, from Glastonbury Tor and from the Jurassic Coastline of the south coast of Dorset. Far from the hustle and bustle of the larger cities, I was privileged to enjoy a fairly free childhood; climbing trees, going on bike rides with my friends and climbing on hay bales til the setting sun indicated it was time to go home for dinner.

After graduating from the University of Leicester with a Bachelor's degree in English and Spanish I decided to take a year off to come to Banff and ski. I'm sure you're all fairly familiar with this story; one year turned to two, and then a plan to get Permanent Residency and suddenly here I am, 12 years later, a Canadian Citizen with a couple of acres to develop in Golden and a passion for the spectacular mountain scenery and the history of this area.

I can pinpoint the moment when GuideMe was born; I was hiking in the larches above Moraine Lake with my longtime bestie and adventure buddy, Courtney. We were talking about life and purpose, and what we wanted to do with ours. I realized that I wanted to use my knowledge of event planning and building itineraries, and use it to work with guides who take people hiking and climbing in the Canadian Rockies.

Many years of hard work, and considerably more thinking and asking advice, and GuideMe was incorporated in May 2016.

I am a firm believer in a work - life balance, and I knew I needed funds to support myself as I built this idea and this company, so I did it slowly over many months whilst working full time for Brewster, now d.b.a Pursuit Banff Jasper collection. Without the support of friends, family and my boss and colleagues at Pursuit there is no way I would be where I am today.

And where is that?

Well, just under 5 years in and I'm struggling with the effects of a global pandemic that's wreaking havoc on tourism businesses around the world. In 2019 I had my first year of full time self - employment, running tours

almost every week, sometimes two per week, for travel agencies in Canada and the USA. I love the planning and organizing part of the business, and whilst I also love guiding and showing people around, it takes a lot out of me and I can only do that a few times a year.

Fortunately, in 2018 I decided that my time in Banff was coming to an end, and bought a 2 acre parcel of land just outside of Golden. Building a house and developing the land has kept me thoroughly busy whilst my business has been on a globally-mandated hiatus! The thing I miss the most about Banff is the community that I had built there. Joining the Friends of Yoho is one of the first steps I plan to make in building my new community here on this side of the Rockies. I'm happy to be here!

Lake O'Hara Summer 2020

By Lorraine Zirke

If you have ever been to Lake O'Hara likely you've ridden one of the yellow school buses. Added to the anticipation and excitement of actually having a reservation you had the pleasure of a 25-minute bus ride up the 11.7 km bumpy road. This past summer the only means of visiting the area was to walk.



Lake O'Hara Lodge runs their own bus but did not open to guests in any capacity. A large percentage of guests are from the United States and elderly. Many have been coming for many years and stay at the same time every year.

Parks Canada operated our 30 site campground at half capacity. We only allowed up to 15 sites to be booked in total. This was our first summer of on-line reservations. With the 10 km walk in and 450 meter elevation gain people who weren't use to carrying overnight packs struggled. We saw campers pulling wagons, burleys and other contraptions with wheels to help lessen the weight on their backs. I noticed there wasn't as many families because of having no bus access. But one camper comes to mind that was very determined to camp no matter how long the walk in took her. She was carrying her newborn in the front, a huge overnight backpack for her two night stay, and holding the hand of her four year-old son. It took her many hours to reach the campground with stops to feed the newborn and gummy bears to coax the four year old to keep walking. Not only did she make it to the campground but she made it to Lake McArthur the next day which is a 9 km return hike! It is always a reminder to me how special Lake O'Hara is to people that gives them determination to go no matter what it takes. Short term pain for long term gain.

The Elizabeth Parker Hut opened to groups of up to fifteen people in their own bubble. The charge was a flat fee for the hut rather than a individual charge. In between bookings the Alpine Club had a cleaning crew that would drive up the road to sterilize the hut before the next group arrived. Abbot's Hut remains closed due to slope instability and there is no exact time in the future when it will re-open.

For six weeks the Parks Canada Highways Department had a crew of machinery and men working on the access road. This was the perfect time to take advantage of very little road traffic to do upgrades to the road. Dumploads of pavement millings were rolled and spread. Potholes were filled, culverts replaced and the end result was a smooth ride. The buses' will appreciate the upgrades as the rough bouncing caused moving parts to wear. More than once I've picked up a piece of the bus somewhere on the road.

The one thing I really notice was how clear the days were with no air traffic pollution. It was so odd not to hear the buses going up and down the road--a little

glimpse of the past when you arrived by foot or horseback.

Covid has touched everyone but I do think having the spectacular scenery and breathing in the fresh mountain air helped us navigate through the uncertain summer. Everyone who visits Lake O'Hara has a huge smile after their experience. It's a very special place and I feel honoured to work there.



The start of the pandemic.

In March of 2020, tired of winter I was in Toronto with Andrew enjoying a sneak peek of springtime. It was lovely, with morning walks through city parks, sunshine and robins, light jackets and children at play. Everywhere were the sights, sounds and smells of new beginnings. We were sure to go home feeling refreshed and ready to jump into another busy Rocky Mountain tourist filled summer.

Suddenly, that spring fever bliss turned sour. The Ides of March! Nature had come to collect a dept. Everything was crazy. International flights were being cancelled and business were shutting their doors. It was weird. Like most, I had a hard time getting my head around what was going on. My son, Slade, had just left for Mexico with three friends for March break. Would they be able to return home? Why wasn't I the one stuck in Mexico cringing Margaritas? What did this mean for my business, my staff, their health, my health? Would I be able to return home? I needed to go home.

Adapt or die. Sink or swim.

Operating a restaurant and lodge during a global pandemic has been challenging to say the least. The constant, changing stream of information and updates has made it difficult to make the decisions on how best to direct the business. I've done my best to stay positive

Truffle Pigs during Covid-19

By Jennifer Coffman, Owner of Truffle Pigs Bistro & Lounge

When Brenda and Karla approached me about writing a blurb for the Friends of Yoho regarding Covid-19 and the year we've had at Truffle Pigs, I thought, sure, I'd be delighted to and agreed. I sat down, made a few notes, I got distracted and I walked away. I was out of practice. It felt like a long time since I put my creative mind to work. The last year has been all about adapting, adjusting and coordinating and not much time for fanciful thoughts.

and not fear the worst, but the possibility of losing the business was real. I decided that the only way to survive was to keep moving. I have an internal narrative that says doing nothing brings you closer to death and if you know me, you know that standing or sitting still is not one of my strengths. I wanted to make sure Truffle Pigs was able to help our community as much as possible. Despite the unknowns and changing protocols, I wanted to project optimism and have an open sign in the window. So we learned about Covid, adapted, and then unlearned what we had learned about Covid and adapted again. Staff meetings and more staff meetings. Eventually the unknown became our new reality. With time, a little luck and a lot of hard work, we saw that things might be okay.

Looking back.

You see things differently when you look back at what you've come through. Much has been learned in the last year. I've seen how we can all become comfortable and over confident about what we think our lives will be. We make decisions because we think we know. It was important to see that there are few guarantees in life, or in this business. I feel very fortunate

that we have been able to stay open in some capacity. We know that many business have worked every bit as hard but have not been as fortunate. So while the last year has not been financially profitable, I consider it a success. Part of that is because we adapted and persevered, but even more importantly is due to the amazing, supportive community we have and the outrageously beautiful part of the world we live in. When it became problematic for Canadians to leave the country and they were ever more in need of stress relief and fresh air, many came to our backyard to find it. That such a small village as Field has come through this so healthily is testament to this town's strength and the energy our surroundings provide us. We have all chosen to live in Field, and as unique and quirky as it is, there are few places I would rather have been over the past year.

We're not out of the woods yet and many known and unknown hurdles remain. There always will be. For example, the highway closures are upon us and the power just went out. Again.



Truffle Pigs Bistro & Lodge

The Brook Boys in Field by Helen Barry



The Brook Family

When I moved to Field in 1985, the names Sid and Alex kept popping up everywhere. Whether it was organizing a ski adventure, a house party, a hiking trip, a fabulous street dance, or an afterhours raid on Dad's beer supply, these 2 characters were a vital part of the life of the town.

I learned that they were born and bred Fieldites, and their parents, retired Chief Park Warden and Postmaster, Glen, and super-volunteer and "Grandma" to all the kids, Irene, still lived in town in the Gingerbread House by Stephen Creek.

So I thought it would be fun to talk to them about what it was like growing up in Field in the 50's and 60's. Due to Covid restrictions and other things happening in their

lives, this happened in the form of written answers to interview questions. So here goes:

Me: I know your family lived in the Warden Cabin at Marble Canyon before moving to Field. Do you remember anything about that?

Sid: I remember that the road, Highway 93, was closed in the winters. In the spring of 1955, I was 3 and Alex was 1, we moved from Marble Canyon to Wapta Lake Warden Station.

Alex: I was too young to remember anything about living at Marble Canyon; I was only 2 when my dad transferred to Yoho. My memories are all based on my parent's stories and my dad's photos, which we have quite a few of. My favorites are the homemade Christmas cards he make from hand coloured prints, often of the cabin in the winter. The cabin is gone now, but it was right on the side of the Banff/ Windermere Highway just south of the campground. My dad had worked summers at the Marble Canyon Bungalow Camp, (which was more or less where the campground is now), before the war, and returned after the war to become district warden.

Me: How old were you when you moved to Field and do you remember that?

Sid: We moved to Field from Wapta when I was about 6 years old. I remember thinking that there was so many kids to play with now, not just my brother.

Alex: I was probably around four when we moved from Wapta to Field, I believe my brother Sid, two years older than me, started school the year we moved down to town. I believe I have some memories from that time, but again it might be mainly from stories and photos. Because my brother had been the only other kid, I had really known for the first four years of my life, I remember being very shy around all these new kids in town.

Me: What kind of antics did Field kids get up to?

Sid: There was the East side kids (my side) and the West side kids. Main street divided up the "kid gangs". We built forts in the woods on each side. We would try and

sneak over and wreck each other's forts or try to steal their stuff. There were many bush battles between each group. Some forts may still be up there.

Alex: Probably my fondest memories of growing up in Field are the freedom we had to roam wherever we wanted to, so long as we were home for dinner. We were small packs of feral children who roamed a wide network of trails in the forest surrounding the town, staging battles with other groups of kids, we explored every inch of the river flats between the Natural Bridge and the Kicking Horse Campground, sometimes fishing, sometimes floating down the Kicking Horse River on chunks of ice in the spring, building dams on Stephen Creek, catching frogs in the pond near our house, fishing at the town fishing hole, hiding in the forest to sneak a look at the hobo's at their camp near the slide on the back road, wandering up and down the railway track, sneaking into the Roundhouse, and building forts up in the forest behind town. Once we got old enough for bikes, our range extended to include Emerald Lake, Ottetail Flats, and the Yoho Valley. This was our world and there wasn't any part of it we didn't know intimately.

Me: (to Sid) Where was the school when you started? And do you remember when the new school opened and what that was like?

Sid: It was called the "YWCA Chalet" and it was located where the Field School is today. I think they built the new school in 1962 (?) I was in Grade 2 (?) They had to build the new school because there were too many kids for the old school. The graduating class of 1968 was the only grad class that the Field School ever had.

Me: (to Alex) What do you remember about going to school in Field? And when did you switch to Golden? Did you ride the bus? What was that like?

Alex: I remember being one of the first students in the door when they opened the current school. It was my first year and I was so excited that I got there early so I could be the first in line at the elementary door. That initial enthusiasm didn't last long. I wasn't a great student; for the most part I liked school. There were so many kids back then that every school room was packed.

I started taking the bus to Golden in Grade 11. It was certainly a shock to go to such a big school, but I soon made some good friends and that helped me survive the experience. I remember the second year I went we missed a lot of school in February due to the road being closed because of the heavy snow fall and avalanches in the canyon. Must have been 1972.

Me: (to Sid) Everyone talks about the Yoho Blows. What do you remember about them?

Sid: Lots of snow and North East wind blowing for days on end. The houses would get blocked in with snow and people would have to go and shovel people out. The TCH (Trans Canada Highway) would be closed, at times couldn't see where the road was on the river flats. You could always tell a Yoho Blow was coming because Northern Alberta would have really cold temps and snow storm coming in from the West. Some winters it would blow for a week. I believe we would get much more snow back in those days – starting Halloween and snow til Christmas, then the cold would come in January.

Me: (to Alex) Do you have any great Yoho Blow memories- the storm, not the winter festival?

Alex: I have so many memories of the Yoho Blow, but a couple that stick out in my memory; are a huge drift would form on the west wall of our neighbors-the Adamsons'- house and all us kids would crawl out a second floor bedroom window to slide down the drift, and the other was heading down to the Monarch pub during a Blow and they had a shovel hanging on a hook outside the door so you could shovel out the drift that was blocking the door. People would joke, well, how would you get out if it drifted over again? And the answer was always, who cares!

Me: How about the highway? What was that like? Where did you go to shop? Was it closed often? More often than now- haha?

Sid: In the winters, in the 1950's, the main highway (which became the TCH) wouldn't be open in winter all the time. In 1960(?) was when the Trans Canada opened year round. Before that, we used to take the train from

Wapta to Banff to get groceries. There were 4 passenger trains daily in and out of Field.

Me: (to Alex) How about shopping? Do you remember taking the train to Banff? That must have been a big adventure.

Alex: I don't think we ever took the train in to shop. My earliest memories were driving in with my parents. I remember going to the greenhouse and gardens that used to be near the old Two Jack Lake Junction. My fondest memory of these shopping trips was of course going to the Rundle Café for Chinese Food. A real exotic treat in those days.

Me: (to Sid) How about wildlife? Field still has a resident elk herd and a few visiting bears. What was that like then?

Sid: There were definitely more elk herds around Field and up and down the valley. A lot of female elk, who would run all the bulls away, would come and eat the grain off the tracks. Of course a lot more bears in Field and around then there is today.

Me: (to Alex) Do you remember any close calls with wildlife as kids?

Alex: As kids we used to chase black bears through town that had come in to feed on garbage. Generally, we felt pretty safe because we roamed in big enough gangs that the bears wanted nothing to do with us. I was more worried about the elk that roamed all over the town at that time. Many a time I'd have to detour home when a group of elk were blocking my path. I remember one time a friend and I were fishing out at the pond near Emerald Lake- I think they call it Peaceful Pond now- and we came up on a cow elk and calf and she was not impressed. She charged us and sent us running into the bush. Every time we tried to leave, she charged us again and sent us back into the bush. Finally, my friend escaped and alerted my dad.

Me: How about the infamous Monarch Hotel? How old were you when you first got into the bar? And what was it like trying to get served in the bar when everyone in town know you (and your parents)?

Sid: I was 16 years old when I first went into the bar (like most kids who grew up in Field). Most of the time the parents were there but they didn't mind. There were two sides of the bar back then, the ladies/escorts side and the gentlemen's side. It was a very sad day when the Monarch Hotel burnt down in 1978(?)

Alex: Funny how a lot of memories of the Monarch are rather fuzzy. I don't remember actually how old I was when I started hanging out there, but for sure I wasn't old enough. I had lied about my age to get a job with the railway when I was in high school and they gave me a card that allowed me to get in before I was old enough. Luckily my parents almost never went to the pub, so that wasn't a problem, although they must have guessed by the number of times I would stagger home late. Johnny Graf, who was the old time bartender at that time surely knew that some of us were not old enough, but it didn't seem to be an issue.



Monarch Hotel Burning, 1978

Me: (to Sid) I know your career was with Parks Canada. Did you have other jobs before that?

Sid: I started working for CPR as a Call Boy when I was 15. As most of us boys started for CPR at some point (Big Money). Moved over to the Car Repair Shop when I was older. Worked for CPR for 8 years. They closed the car shop (1974?) which is when I quit and joined Parks Canada. Worked 37 years with PC.

Me: (to Alex) What was Your first job in Field?

Alex: First job was pumping gas for Albert Ashley over at the Gulf Station, like many a young man in town, and then I started working nights as a call boy for CPR.

Me: (to Sid) You were one of the ringleaders of the Field Mice (baseball team). Was there always a ball team? If so, was it always called the Field Mice?

Sid: It started in 1972; it was me, Jim Lawrence, Tav Taylor, Bob Fornton, and Tapni Knwtila- who was an amazing local artist. The team started out as a fastball team that played ball games with many of our friends from Canmore. Also became a hockey team. The Field Mice lasted for 30 years. The Mice also went to play in a Slo-Pitch tourney in Mexico. (1996?) Nibble... Nibble... Nibble!

Me: (to Alex) I know your Dad was instrumental in getting the Field Ski Hill going. Can you tell me about that? When and how it was set up, how long it ran, etc.?

Alex: Yes, my dad was involved in getting the ski hill going. Not sure exactly when, but most likely sometime in the 1960's. It had a single rope tow that took you about halfway up the hill. It likely stopped running sometime in the late 1960's when all the school kids started going to the lake (Lake Louise) for ski days. When my dad was chief warden, he had the wardens run the lift.

Me: I know lots of young people began moving to Field in the 70's. How did that change things?

Sid: There were a lot of young people coming to Field from Montreal and out East. There were about three waves of young new people coming to town. It didn't really change things, but there were more people to ski and party with.

Alex: Completely changed my life. The railway was downsizing its operations and a lot of the old families, practically all the Italians, were moving out, so there were a lot of houses available to rent and young people who were working up at Lake Louise were coming down to rent them. It was quite a shock to the young locals. It was an awakening to the larger world beyond our little

town. I remember walking into the Monarch early in the evening and the long hairs would be sitting along one side of the bar and the older locals and railroaders would be sitting along the other wall, but by the end of the night everyone was drinking and carrying on together. Around that time, Parks started hiring more summer staff, so more and more young people started moving to town and settling in.

Me: And finally, when people ask you what it was like growing up in Field, what is your favorite story to tell?

Sid: Everyone has an awesome Field story. My story is the same as those who have lived there or even visited. The community coming together over late night hickey games at the outdoor rink, baseball tournaments, skiing on the rope tow at the little hill just outside of town, curling and many other outdoor activities and adventures.

But my BEST is the Annual Field Mice Ball Tourney Street Dances. Last weekend in July. It brought many people to town who became long time friends.

Alex: Wow, tough one. So many favourite stories. I guess my fondest memories as a child were the freedom we had to roam the forest and river banks around town, and then to come back to this when I was older and met so many kindred souls amongst the new wave of young people in town who shared my love of exploring the mountains. That love of rambling the hills carries on still, and has been passed on to my children.



Sid Brooks Family

Membership Drive

Keep an eye out for information about our online Membership Drive starting June 1st. The drive will run for three weeks. By renewing your membership you'll unlock the recently increased 15% discount at our Friends of Yoho retail store.



Gift Shop Merchandise



Board Member outing at Emerald Lake this past winter.

We had a great ski and snacks enjoying each other's company along the trails at Emerald Lake.

Front row: Sarah Osadetz, Anna Powell, Brenda Selkirk, Karla Gaffney. Back row: Lorraine Zirke, Helen Barry deep in snow, Ginette Therrien, (missing Patricia Narbaitz)

Baby Picture Matching Contest

Match the baby pictures correctly with the Friends of Yoho staff and Board members, and you could receive a gift. All correct entries will be entered into a draw. Send your answers to info@friendsofyoho.ca by June 15th. Good Luck everyone.



Top Left to Right: Brenda Selkirk (GM), Helen Barry, Lorraine Zirke, Patricia Narbaitz
Bottom Left to right: Ginette Therrien, Karla Gaffney, Sarah Osadetz, Anna Powell

