

A view of Mount Farquhar (on left) from Cataract Plateau

***Climb Mount Farquhar or Hike Cataract Creek Trail for Mental Health and Wellness
Saturday, June 24, 2017***

When I returned [from Afghanistan] in the spring of 2010, I came back a different man. I was withdrawn, paranoid, not sleeping, jumpy, depressed and the list could go on and on. It took a panic attack that seemed to last an entire night that led me to get help. I was then diagnosed with post-traumatic stress disorder and referred to the Occupational Stress Injury (OSI) Clinic here in Calgary. The OSI Clinic has literally saved my life. - Corporal Ryan Forest, served with Princess Patricia's Canadian Light Infantry (PPCLI) in Afghanistan 2009-2010



Join Special Guide Laurie Skreslet, the first Canadian to summit Mount Everest and MLA Dave Rodney, the first Canadian to Summit Mt Everest two times on this incredible journey. Laurie and Dave will each lead a group of climbers to the summit of Mount Farquhar (Elevation 2,896 metres), while others participants will hike one of the two Cataract Creek Trail routes (a family oriented route of 5km or a 12-15km moderate difficulty route.

Laurie understands the parallel between climbing the mountain and the challenges people face daily in the business community. He is an expert motivational speaker, touching the lives of more than 500,000 people. He has written a bestselling book, *To the Top of Everest*, nominated in two categories, the Children's Choice Award and the Canadian Book of the Year for Children Award in 2004.

Dave Rodney was elected as the Member of the Alberta Legislative Assembly for Calgary-Lougheed in 2004, and is the second longest serving member of the Alberta Legislature. He has served as the Minister of Wellness, Chair of the Alcohol and Drug Abuse Commission, and on dozens of committees. He is an international keynote speaker, entrepreneur, educator, writer/filmmaker, and the founder of the "Top of the World Society for Children".



Saturday, June 24, 2017 at a Glance:

By 7 a.m. - Arrive Etherington Creek Day Use Area (5km South on Hwy 940 from the Highwood Junction) and register.

7 a.m. - Climbing teams set-out by vehicle for the advanced base on Cataract Plateau.

8 a.m. - Moderate hiker teams set-out.

9 a.m. - Family hiker teams set-out.

By 3:50 p.m. - All participants arrive at the Cataract Creek Recreation Area.

4 p.m. - Dedication of Mount Farquhar Heritage Memorial Sign.

5:00 p.m. - Barbecue Dinner in the Etherington Creek Day Use Area.

6:30 p.m. - Barbecue Concluded.

7-10 p.m. - Campfire evening in the Etherington Creek Group Camp Site Fire Ring.

Optional camping is available at Etherington Creek Campsite.

Working together for mental health and wellness in our communities

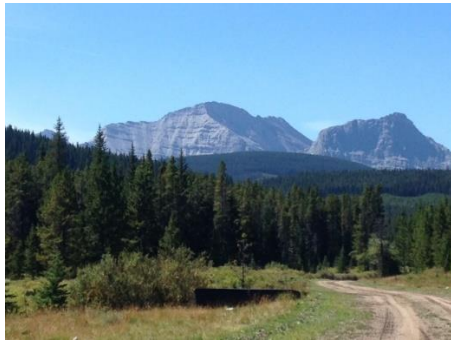


PPCLI FOUNDATION

About the Calgary Health Trust



Calgary Health Trust, a catalyst in health care philanthropy, connects donor passion with treatment, education and research priorities in the Calgary community. The Calgary Health Trust receives and disburses philanthropic health care gifts and other funds across Calgary and the surrounding area. We believe that every donor has a story, every gift has a vision and every patient's life can be changed. Together we are making a difference.



Mt Farquhar on left from Cataract Creek Trail 4km West of Highway 940

About the PPCLI Foundation



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Princess Patricia's Canadian Light Infantry (PPCLI), named in honour of Princess Patricia daughter of the Duke of Connaught at the time Governor General of Canada, was formed in August 1914. The Patricias became the first Canadian regiment in the field when they landed in France in December 1914. The Regiment has served Canada continuously for more than 100 Years.

The PPCLI Foundation is an autonomous, independent and charitable entity. Registered as a charitable public foundation in 2011. Since then it has raised more than \$2.2 million in cash and in-kind in support of veterans and their families.

Why Mount Farquhar?



Lieutenant-Colonel Francis D. Farquhar, DSO was born on September 17, 1874 in England. He joined the Coldstream Guards in 1896, and saw action in the

Boer War in South Africa between 1899 and 1900 and with the 'Weihaiwei' Chinese Regiment of Infantry in 1901 where he was awarded the Distinguished Service Order.

When World War I broke out, Farquhar was serving as Military Secretary to the Governor General and supported Andrew Hamilton Gault's offer to found the PPCLI. As its first Commanding Officer, Farquhar led the Regiment through its introduction to trench warfare. In Belgium, on the night of March 19, 1915, while supervising wire-laying during the relief of another unit in the front line, Lt.-Col. Farquhar was shot and died soon after. Although his tenure was short-lived, he credited for establishing the professionalism and sense of duty within the Regiment, and contributed greatly to its fighting spirit.

Who Can Participate?

Participants need to possess a good level of fitness, health and stamina. Climbers and hikers are required to dress/carry clothing and equipment as recommended on the web page.

The climb to the top of Mount Farquhar (Elevation 2,896m) will take 6 to 7 hours to complete.

The two hikes along the Cataract/ Etherington Creek trails are: (1) an easy family hike of 5km; and (2) a moderately difficult hike of 12-15km.

Your Commitment

Fit, Equipped and On-time. Climbers and hikers commit to arriving at the selected rendezvous on time, prepared, equipped and ready to commence the climb or hike.

Participants register and agree to attempt to raise funds to support veterans and their families dealing with mental health issues.

We make peer participation and support for your participation simple with our Peer-to-Peer fundraising tools, all fully automated. You may participate as a team or as an individual.

Added Benefits

In addition to the satisfaction and heightened self-esteem from having contributed to a worthwhile cause and completed arduous physical activity, all volunteers, climbers, hikers, and invited guests will receive:

- Healthy snacks and bottled water prior to commencing the climb/hike.
- A Swag Bag, loaded with a t-shirt, valuable goodies and a souvenir pin.
- An invitation to attend the Mount Farquhar Heritage Sign Dedication Ceremony.
- A barbecue following the conclusion of the climb/hike.

How to Register or Support a Participant

For more information, to register or support a participant go to www.calgaryhealthtrust.ca/reachingthesummit