



Kootenay Mountaineer

The KMC Newsletter March/April 2006 Issue 2 Next deadline: June 20/06

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ACMG Mountain Conditions Report

Try the ACMG Mountain Conditions Report. The Association of Canadian Mountain Guides (ACMG) has launched a new web information portal called the Mountain Conditions Report. The idea is that Mountain guides will post field observations, current conditions and updated route information. During high seasons the ACMG will try to provide a synopsis every Thursday or Friday morning, which will summarize general conditions. This is a public service offered by the ACMG to assist in trip planning.

The service is still in its early stages and information is provided on a volunteer basis. See <http://acmg.ca> <<http://acmg.ca>> for more information.

(From the FMC E-Bulletin, March 2006)

Backcountry Commercial Recreation Tenures

The FMC has had several issues arise with respect to backcountry commercial recreation (or Adventure Tourism tenures as they are now referred by government).

The FMC Recreation and Conservation Committee is responding to many tenure and resort proposals in popular backcountry recreation areas. It seems that pressures are

mounting on the little non-motorized wilderness that remains in the Province. The FMC office has recently obtained a map, which shows the size and extent of Adventure Tourism tenures in BC. It is clear an invasion is happening.

The Kootenay Mountaineering Club has run into an issue recently where it appears that access to a desired hiking camp location for summer 2006 has been blocked by the commercial operators that hold Adventure Tourism tenures in this area.

Two commercial operators did not want the KMC camp situated in areas that they might use for their commercial activity.

The land act is clear that operators cannot restrict public access; however it appears that the operators banded together and pressured the local helicopter operators not to fly in the KMC groups and gear.

Consequently the KMC has had to choose another location used by another, more reasonable operator. However the KMC and the FMC are following up on the issue as it may be an indicator of further restrictions on public access especially in the Golden area.

The Prince George Section of the Alpine Club and their Smithers associate are dealing with an issue where the Cambria Icefield is under threat of a large heli-ski tenure. Frontier Heli Skiing, which already holds one of the largest heli-ski tenures in BC wants to expand their tenure into the Cambria Icefield – a popular backcountry ski destination and the only icefield in BC that is accessible by major highway. The ACC-PG and FMC are working with government to address this issue.

We encourage members to write letters to government to keep the pressure on these issues and other issues. Following are e-mail addresses for key Ministers: Premier Gordon Campbell: Premier@gov.bc.ca, Pat Bell (Minister of Agriculture and Lands): Pat.Bell@gov.bc.ca, Olga Ilich (Minister of Tourism Sport and the Arts): TSA.Minister@gov.bc.ca, You can also cc your email to your MLA. Faxes are also recommended.

(From the FMC E-Bulletin, March 2006)

Jumbo Resort Receives a Major Setback

Kootenay residents claim critical victory for local democracy. The Jumbo Glacier Resort speculators received a major setback today in a near unanimous decision by the Regional District Directors to give East Kootenay residents the opportunity to make their voice heard on the future of Jumbo Valley.

In a surprise decision, what had been once predicted as a close vote to give the resort decision back to the province, only the Mayors of Sparwood and Kimberley spoke out in favor of relinquishing local decision. Jumbo Glacier Resort Vice-President and spokesman Grant Costello petitioned the board to "... eliminate another costly, redundant and time consuming regulatory process" — to fast track the resort by sending the decision to Victoria, thereby eliminating any opportunity for public input.

However, a standing-room only crowd spilling into the halls of the Regional District offices erupted into loud cheers and clapping as, with the exception of one director, the Board rejected the motion to send the decision back to Victoria. "Today has been a landmark day for Jumbo, but most importantly, for the voice of East Kootenay residents," said John Bergenske, spokesperson for Jumbo Wild. "Our Directors today demonstrated that they do indeed listen to their constituents, and have chosen to give residents a chance to voice their opinions and concerns — to have a final say in the fate of Jumbo Valley." "We recognize that a final decision determining the fate of Jumbo has not been made," said Bergenske. "However, by allowing the residents to actively and publicly participate in the decision making process, we strongly believe that one more nail has been pounded into the coffin of this unpopular resort proposal. We've kept it local. Now we need to keep it wild."

(From the FMC E-Bulletin, March 2006)

CAA Avalanche First Responder Training Program Available On-line

Winter is still upon us as is avalanche season. There have been over 600 recorded avalanche fatalities in Canada, most involving people who go into snow covered hills or mountains for recreation, work or traditional lifestyle activities. Many of these avalanche fatalities have been recorded in British Columbia with more occurring this winter.

The Canadian Avalanche Association (CAA) offers an Avalanche First Responder training program which is available on-line at <http://access.jibc.bc.ca/avalancheFirstResponse/index.htm> Using the power and reach of the Internet, you can learn how to reduce the likelihood of being caught, and know what to do if a companion is buried in an avalanche. On-site survivors and organized search and rescue responders can learn how to search for avalanche victims effectively, and how to reduce the risks to their teammates and themselves while conducting winter SAR missions.

The course has received rave reviews from around the world and there is nothing else available over the Internet that is comparable to this program. Log onto the course and learn winter safety skills that could save lives. (*From the FMC E-Bulletin, March 2006*)

Safe Trip Website- Safe Trip Canada offers adventurers the ability of filing a trip plan, to make it easier for rescuers to find them in case of emergency. The service is free - see www.safetrip.ca. Trip plans are apparently monitored continuously, rescuers are only notified in case of an emergency, and reports are first verified.

Mountain School Weighs In

Often when I'm out with some of the long-time KMC members, the conversation turns to the "old days" when the Mountain School was an impressive, and very active, component of the KMC. Apparently, there was a rock school that ran for several weeks at Kinnaird bluffs, there was snow and ice training, and culminating trips to climb peaks in the Truce Group of the Purcell Mountains. There was also a group of willing and dedicated volunteers. That was then, as they say, this is now, and Mountain School is just me – and the unsuspecting volunteers I manage to lure in.

But, Mountain School is slowly getting more active. Last spring the KMC ran a snow school over two days with two professional guides. This winter, Mountain School hired two guides to teach an introductory avalanche course. We also had an avalanche transceiver practice day, and, thanks to Bert Port, an instructional ski tour for would-be winter trip leaders. Vicki Hart was kind enough (and dedicated too) to run the gym climbing nights at Gravity Climbing Centre through the winter.

Plans for the summer include a rock-climbing course with a focus on building anchors, placing traditional protection and leading sport routes, and an alpine climbing course to learn the skills needed to climb easy roped routes (I know there are a few people out there itching to climb Mount Prestley).

There are lots more learning opportunities Mountain School could offer. If you have an idea for a course, a drop-in session, even a newsletter article – particularly if you are offering to coordinate such an event – drop me a line and I'll see what I can do. Sandra McGuinness.

Wilderness Survival

From Lost in the Woods- The 9 Rules for Survival by Gary O'Brien of Search and Rescue B.C.

PREPARE YOURSELF: Nobody ever expects to get lost, but it happens. A definition of Survival: Staying WARM and DRY, while waiting to be found.

-Stay Together, DO NOT SEPARATE - The reason for this rule is body heat. Cuddling up will help keep you warm

-Stay in one place or area. DO NOT WANDER! This is the MOST important rule of them all. If you wander - We Cannot Find You. One reason is that people looking for you move very slowly while searching for clues. If you are out front running along, we won't be able to catch up. Another reason for not wandering is the possibility of falling and hurting yourself while traveling. Being lost and hurt could be tragic.

-Keep Warm. This rule means to keep warm with the clothes you are wearing. NEVER take any clothes off. Cover up all the exposed skin you can. If you are wearing a sweater or jacket, do it up. Watch out for your shoelaces. Branches have a tricky way of undoing them. The most important part of your clothing is a hat or something that covers your head. Over 70% of all your body heat escapes through your head.

Find a Cozy Waiting Place, Not a Hiding Place. A cozy waiting place means, a warm place out of the wind and rain but not a place where searchers cannot see you. Under a large tree is a good place.

-Put Out Something Bright. Put out something bright or make something to tell people searching for you where you are. Make a flag using what you have, but Do Not Take Off Any Clothes to do so. Some suggestions are white paper, money, hair ribbons, a strip from an orange garbage bag, etc. Spell the word "HELP" or "SOS" on the ground using rocks and sticks or make a large arrow with them, pointing to where you are. Do anything to attract attention!

-Look Bigger For Searchers. If possible, your waiting place should be near an open space. When you hear someone coming, move to the middle of the clearing and call. Do Not Run in the direction of the noise. If it is an aircraft you heard, lie down so the pilot has a bigger target to look at. Then wave with both your arms and legs, like making an angel in the snow. Stand up immediately after the aircraft has passed, as the ground can be very cold.

-Do Not Lie on the Bare Ground. The only exception to this rule is the one above. Lying on the cold ground for a very short period of time, attracting attention is OK. Being in direct contact with the ground for any length of time is dangerous. The cold ground can rob precious body heat from you. Build a mattress using available materials such as branches, moss, leaves, etc. This mattress should be as

thick as the mattress you sleep on at home! After the mattress is completed, gather the same amount or more, of the same material and use it for the blankets. This is called a survival bed.

-Do Not Eat Anything you are not sure of. Do Not eat any berries, mushrooms or anything else unless you are 100% sure what they are. Being hungry is not too bad of a feeling compared with being violently sick. And remember, there won't be anyone there to look after you. You can go without food for a long time, but you cannot go without water.

-Stay Away from Large Rivers and Lakes. You must have drinking water to survive, but be careful where you get it. Do Not go near any large bodies of water. Instead, drink from a water supply that is smaller than you are, so you cannot fall in. Another source of water can be found on leaves in the form of dew.

Backcountry Trip Planning -Wilderness survival - Prepare For The Worst!

Preparing for the unexpected is what backcountry trip planning is all about. Preparing and planning, checking the weather forecast, and telling someone where you're going and when you're expected back. IT also includes bringing the **10 Essential Items** 1. Extra food and water. 2. Extra clothing. 3. Map. 4. Compass. 5. Flashlight with Extra Batteries and Bulb. 6. Sunglasses and sunscreen. 7. Matches in a waterproof container. 8. Fire starter or candle. 9. Pocket knife or utility tool. 10. First-aid kit.)

The Trip Plan Form

If you or your groups are reported missing, search and rescue professionals will have a much easier time finding you if you've completed a trip plan and left it with a friend. Download a PDF copy of the Trip Plan for Outdoor Survival, prepared by the British Columbia Provincial Emergency Program. When using the form, fill in all required information; leave a copy with someone you trust. Contact that person upon your safe return.

Many search and rescue operations have been launched for individuals who were never actually lost. To help avoid this, experienced groups may add extra time into their trip plan instructions to account for delays. For the well-equipped party, an extra night out in the backcountry is nothing to fear.

Federation of Mountain Clubs AGM

The AGM for the FMC is taking place on June 10 and all KMC members are invited. So far, it is happening on Pat Harrison's farm in South Surrey. Pat is the current president of the FMC. There will be tenting there and it will be catered. If you want to go, it would be good to let Pat know. It will be the best opportunity possible to meet a wide range of people from the FMC from all over the province, but obviously mostly the Lower Mainland and Vancouver Island. Contact Pat Harrison at patharrison@shaw.ca

KMC Discounts

These are available at the following merchants upon presentation of your KMC membership card. Your membership card is your mailing address label on the envelope that your newsletter is mailed in. It shows the membership year as well.

Snowpack, Boomtown Emporium, Valhalla Pure, in Nelson offer 10% discount on regularly priced merchandise. ROAM, Nelson - 10% discount on regularly priced merchandise (does not apply to big ticket items such as skis, boats, transeivers).

Powderhound and High Country Sports in Rossland were giving 15% discount

on regularly priced merchandise in the past, however this has not yet been confirmed for this year. Stay tuned.

Early Mountaineers!!!

When Euro-Americans began to climb the peaks of the North American West, they often found evidence that natives had been there first. Arrowheads and stone shelters testify that native climbers visited the summits, or at least the highest slopes, of significant peaks in the Rocky Mountains, the Sierra Nevada and Mexico. Recent archaeological evidence from 57 peaks in the American Rockies and Mexico shows that Neolithic peoples visited the tops of prominent peaks long before the development of historic cultures. For the most part, the evidence for these native climbs is so scant that it barely allows us to speculate on their goals *From Ways To The Sky. A Historical Guide to North American Mountaineering, Andy Selters, The American Alpine Club Press, Golden, Colorado, 2004*

European Helicopter Lands On Summit of Mt. Everest

On May 14, 2005 a serial Ecureuil/AStar AS 350 B3 piloted by Eurocopter X test pilot Didier Delsalle landed at 8850 meters on the top of Mt. Everest. This tremendous achievement breaks the world record for the highest altitude landing and takeoff ever, setting an ultimate milestone in the history of aviation. The aircraft remained on the ground for 2 minutes before flying back to Lukla at 2866 meters. The feat was renewed a day later. The Ecureuil/AStar AS 350 B3 flew some rescue missions on behalf of the Nepalese government demonstrating itself as a multipurpose, reliable, quick and comfortable helicopter which emerges as the most performing aircraft in the world in the most extreme conditions. *From the Traditional Mountaineering website*

THE NEW NORTH COAST TRAIL

The North Coast Trail, due to open in spring 2006, is a proposed 46 km wilderness route utilizing several environmentally sensitive BC Parks campgrounds. The new trail will link to the current trail end of Cape Scott Park at Nissan Bight and continue to the North Coast Trail end at Shushartie Bay. The trail will include boardwalks and bridges, sections along open beach, stream and river crossings, and will make use of portions of the old Settlers Trail built almost a century ago. The new section plus the existing Cape Scott Trail will make a 70 km continuous trail along the northern tip of Vancouver Island. The starting point for the North Coast Trail is at Port Hardy. For info visit www.northernvancouverislandtrailsociety.com from *Adventure West*, Sept 2005

Food For The Trail!

The Little or No-Cook Meal.

Not only is the traditional backpacking meal being supplanted but also one munches on a special diet throughout the entire route. The best backpacking food is lightweight, tasty, calorie packed and quick (add boiling water) or no cooking. Food can account for ¼ or more of the bulk and weight of your pack. Backpacking takes a lot of energy and therefore the food needs to supply your body with roughly 2500 to 5000 calories a day. This is right in line with the 1 ½ to 2 pounds of food per day guideline.

After the fall of France to the Nazis, a booklet on guerrilla warfare was distributed to the British Home Army. Concerning rations this booklet stated that, in a pinch, a half-pound of chocolate and a half-pound of raisins should suffice to sustain a soldier in the field for a week. Try that some time if you want to lose about ten pounds.

Good foods for quick short-term energy are carbohydrates, starches and sugars – such as breads, cereals, pasta, crackers and the like. You also need long-term energy, provided by proteins and fats, such as canned meat, cheese, dried eggs, dried milk, cheddar cheese, chocolate and nuts. It greatly helps that you like the food as well. Eat the heaviest foods first. Some suggestions include:

Breakfasts: MaltOMeal (add raisins for more bulk), Pop Tarts with peanut butter, rice (add raisins and dried milk), granola (with dried milk), fruit cocktail (small cans). Peanut Butter – Use your imagination!

Lunches: Bagels (cream cheese), Pita bread, Logan bread, granola bars, dried fruit and nuts!! Candy bars, crackers (the dense kind from the health food section), Pringles, wheat thins, Some highly spiced meats such as pepperoni and salami can be kept for a few days without refrigeration. A drier variety, summer sausage, is particularly good – it will keep for a few weeks as long as it doesn't get wet. All types will last longer if purchased in sealed packages. Keep them out of the sun, and in the coolest part of the canoe. Great as snacks, these spiced meats can also form part of a main course; you'll need only small amounts to perk up a meal.

Cheeses (string cheese, blocks etc) An excellent choice for quick meals. It can be stored in the same manner as salami, however it can get pretty soft and greasy if the weather's hot. It's an excellent choice for quick meals with crackers or crispbreads. On longer trips, don't forget dried cheeses such as parmesan, or powdered cheese sauce mixes, to give a bit of zest to pasta dishes.

Tuna (sold in pouches now) with crackers, lunch meat, GORP (Good Old Raisins and Peanuts) (made from concoctions of nuts, raw or roasted and shelled sunflower seeds, M&M's or other small coated chocolate candies, chocolate/carob/peanut butter/butterscotch chips, gumdrops, raisins, dried fruit, yogurt, peanuts.

Dinners: Instant soups (chicken noodle, minestrone, potato), rices or noodles, packaged vegetable soups, instant potatoes, couscous/ramen/spaghetti with sauce or gravy, dried chopped veggies, burritos.

Liquids: Hot cocoa (add marshmallows), apple cider, teas, flavoured powdered drink mixes like lemonade, Tang, Gatorade or Crystal Lite. Remember the sugars add considerable weight in most drink mixes.

Other: Beef jerky, hard salami, pepperoni, fruit roll ups, Fig Newton's, tortilla shells with peanut butter or Nutella, pretzels, dried seaweed, powdered Hummus and Pita. Instant pudding with powdered milk, and dried fruit and nuts!!

Trail Putty: ½ c. peanut butter, 2 T. honey, 2 ½ T. Dried non-fat powdered milk, ½ c. raisins. Mix ingredients. Roll into a log then roll log in coconut & chocolate. Chill, wrap in plastic wrap.

Homemade Energy Gell: 2 or 3 T. runny jam of fruit syrup, 1 T. light corn syrup, Tang or Kool-Aid crystals. Combine jam and syrup, flavour to taste with Tang or Kool-Aid crystals. Insert mix into refillable plastic tube.

Homemade Ultralite Joe's Moose Goo: 1 c. dry milk, ½ c. peanut butter, ½ c. honey, 1 c. graham cracker crumbs (or corn flour, uncooked oats, granola, etc). Mix ingredients thoroughly in a bowl (it will some time and energy!) and spread evenly in a shallow pan or dish. Refrigerate for a while or put concoction into refillable plastic tubes or wax paper. You could also add dried fruit, dates, peanuts and mini marshmallows. Tastes good in tortillas!

Ultralite Joe's Moose Goo: 2 parts honey, 2 parts corn flour, 1 part peanut butter (or Nutella). Mix ingredients thoroughly in a bowl (it will some time and energy!) and spread evenly in a shallow pan or dish. Refrigerate for a while or put concoction into refillable plastic tubes or wax paper. You could also add dried fruit, dates, peanuts and mini marshmallows. Tastes good in tortillas! * Both of these Goos become hard below 40 F. Then eat it like a candy bar.

Antioxydant Elixir: A great mix for dehydration, replacing electrolytes, and reducing oxidative stress. Good for before, during and after strenuous activity. Make and mix together 2 c. Green Tea (one of the most powerful antioxidants), 2 c. orange juice, ¼ t. salt, ½ scoop whey protein powder. Put the hot mix into a thermos.

Rice Pudding: Boil 1 c. water and stir in 1 c. instant rice, 1 t. cinnamon, ¼ c. dried fruit, ¼ t. salt, 2 T. sugar. Cover and wait 5 minutes.

Fruit Compote: Cover any combination of dried fruit/leather with enough water and let soak overnight. Approx. 1 c. fruit to 1 c. water.

And bread ... make your own. Warm bannock is one of those simple pleasures that make a camping trip memorable. Traditional bannock consists of 1-cup flour, 1-tsp. baking powder, 1/4-tsp. salt, and around 2-3 tbsp. butter or oil. Mix this before your trip and store it in a plastic bag. When you get to your campsite add enough water to make dough. For variety, you can add raisins, cheese, nutmeg, cinnamon ... use your imagination. Roast it on a stick over hot coals, or make a thin loaf, dust with flour and fry it on your campstove in an oiled pan. Mmmmmmm, At least more variety than a half-pound of chocolate and a half-pound of raisins.

We would appreciate knowing your special foods or concoctions that you use on outings. Comments and especially other ideas on backcountry nutrition will be greatly appreciated as well! *The resource base for this article has been Backpacking guide.com*

High-Altitude Nutrition Hints

Q: What sort of diet is best for high-altitude climbing?

Studies show that our bodies can process fats and carbohydrates normally up to 5000 meters, so any loss below that elevation can be attributed to less than adequate intake. Above 5000 meters, however, weight loss seems to be unavoidable, due to several factors: 1) loss of appetite and increased nausea from the effects of altitude sickness; 2) change in overall metabolism; and 3) the body's inability to digest food.

The average-sized male climber can expect to burn upwards of 500-800 calories per hour at higher altitudes (the higher numbers are for difficult carry days) so plan on consuming substantially more than you eat back home. A good ratio seems to be 60-70% carbohydrates, 15-20% from fat and 15-20% from protein. Complex carbohydrates provide the ongoing fuel needed to replenish glycogen stores, while protein helps prevent excess deterioration of lean muscle mass. Beware the very high-fat diet at altitude: reliance on foods such as typical mountaineers' classics like Snickers bars, cheese, jerky, nuts, and so forth can result in chronic muscular fatigue, since a high-fat diet lacks the necessary level of readily available carbohydrates; furthermore, high-fat diets require more oxygen during metabolism for processing, thus slowing down acclimatization.

The simplest answer to this question is: what you'll eat, consistently, and a lot of it. Test it out on training climbs. If you know that your water treatment makes drinking unpleasant, take flavoured drink mixes. Dehydrated foods that are light but calorically dense are highly desirable. But by all means, take foods and beverages you enjoy or you won't eat them.

Resource: Burnik and others, in Ch. 6, Some Anthropometric Changes on Extreme High Altitudes, available through Human Kinetics. Research done on Everest, North Base Camp, 1997. From Body Results. Outdoor Sports Strength & Conditioning www.bodyresults.com

Nutrition is just as important as conditioning.

The old adage of "garbage in = garbage out" is true. Recreational athletes must fuel and hydrate to perform properly. Under hard exercise you need to replace

electrolytes as well as carbohydrates and water. Emphasize carbohydrates before and a combination of carbohydrates and protein afterwards. Don't fear carbohydrates, as they are important for long distance endurance.

NUTRITION ON THE ROAD

Traveling long distances to do a long day trip is not uncommon. Spending hours in a car to reach your destination can leave your energy level low. Aiming to eat the way you normally do can minimize the risk of gastrointestinal problems. Select foods that are well liked and familiar, and choose food items that will prevent hunger, maximize fluid levels and are easily and quickly digested. Your goal is to consume plenty of carbohydrates and fluids and adequate protein and fat. Be cautious when consuming some types of foods. High calorie meals, especially with a high fat content take a long time to leave the stomach. Spicy foods, fiber rich foods, gas producing foods, and foods with caffeine should be limited because they may cause upset stomach. Try avoiding deep fried foods and cream sauces, which have a high fat content and take a long time to digest. Eating well before and on the road is important for your performance. Your body will appreciate the planning you do to provide those healthy foods. From Jennifer Podovennikoff's Summer 2005 "Peak Performances" article on nutrition in www.machavok.com

Trekking In The Okanogan and The Western Rattlesnake

If you plan to hike in the Okanogan this spring it wouldn't hurt to have some information on the *Crotalus Oreganus*, sometimes called the northern Pacific Rattlesnake. This well adapted animal ranges from the southern Okanogan to the northern outskirts of Kamloops with smaller populations in the Cache Creek, Kettle River and Grand Forks areas. Up to a meter and half in length, the snake uses a paralyzing, flesh digesting venom to kill small animals up to the size of squirrels and young marmots. Heat sensing pits on each side of the triangular head allow a rattler to locate prey during nocturnal foraging.

Rattlesnakes spend the summer on grassy hillsides but they do wander up into ponderosa pine areas and other forested areas. They have been found at elevations

of 1000 meters. In winter, rattlesnakes, with young born live at summer's end, congregate in dens- holes in rocky hillsides where 20 to 200 of them coil up together till spring.

Though they often inspire fear, but Biologist Jeff Brown says there is really no reason to fear these animals. Yes, 2 people in B.C. have died from contact with them and about 5 people are bitten each year. Mostly from picking them up. The matter of the fact is that the snake is threatened by humans. Residential development and industry have given the rattlesnake "threatened" legislation in Canada.

From Ethan Brown's article Snakes Alive! Our Rattlers Need Help in The Province, Sunday, Dec. 4, 2005

Rental of KMC Ice Axes

Ice Axes can be rented from the KMC for **\$2 per day**. These axes are at the following locations:

Nelson: Don Harasym, 814 Hoover St. 354-----

Castlegar: Al & Pat Sheppard, 809 Hillview Rd, 365-----

Trail: Eric Ackerman, 1367 3rd Ave, 364-----

Banff Mountain PHOTOGRAPHY Competition

Entry deadline: May 1, 2006

Entry forms available at

www.banffmountainfestivals.ca/photo

1.800.298.1229 * 403-762-6347 *

banffmountainphotos@banffcentre.ca

Executive Notes

Federation Of Mountain Clubs (FMC)

An informative

presentation was given

at the executive meeting by the FMC

president Pat Harrison and the FMC

executive director Evan Loveless



-The FMC is recognized by the B.C.

government as the provincial representative for non-mechanized backcountry pursuits in the province. At present there is a good working relationship between the two. The association has 3500 members throughout the province. The addition of the KMC now brings input and makes representation of mountaineers from every area of B.C.

-“Roofed Accommodation” includes everything from outhouses to 5 star lodges in the parks. There has been zero consultation on this matter. The Backcountry Lodge Association has considerable clout with the government even though the laws are in the public’s favour.

-The Off Road Vehicle Coalition is something we support. Violators can be traced.

-Commercial tourism has the most effect on areas we frequent. There is a rush (political agenda) to maximize commercial opportunities. But, regional stakeholders concerns can be significantly addressed.

-Tenure referrals go to the FMC from the government’s regional offices. But there is no requirement that they consult with us. Stakeholders groups are formed on their own with respect to various issues. A group can be recognized as a stakeholder when there is a process going on. The public is technically not a stakeholder. Hence, Land Use Plans begin at the local level on the initiative of the general public and through stakeholders. We have to write that we want land use planning in our area.

-The Lower Mainland’s Sea To Sky Process is an example of a recent Land Use Plan process.

This process primarily got started because snowmobilers were affecting commercial operators in the backcountry. They also didn’t really want hassles with the public, snowmobilers and hikers/skiers. The FMC became involved because everything else that they tried thus far seemed to have little effect i.e. we can be reactive or we can be a part of the process. The process required considerable, especially, volunteer resources. Finding constructive “leaders” that were capable of working with

traditional non- allies was imperative. Tenure applications were delayed until the process was done. A facilitator was brought in and paid by the government. This facilitator established ground rules and essentially began dialogue by asking participant stakeholders the question of “What would be an ideal day in the backcountry”. Land Planning, Implementation and Education sub-committees were established to break up the work. An interesting realization was that the motorized sector did not understand that they were bothering non-mechanized backcountry enthusiasts. LRMP’s have to be signed off before they become legal documents thereby making them enforceable. Visit www.backcountryforum.org

Sentry Lodge and Hiking Camp-

- Essentially Hiking Camp chose another location because of this issue. The KMC will be working through the FMC so that this problem and serious concern with tenure holders does not happen again. Helicopter operators really don’t want to be squeezed between the public and private sectors.

Membership- Membership is down so far this year. With so much potential to do good things for our mountain environment we hope our numbers will grow through encouragement of present members.

It was decided that members are to use their newsletter address label as a membership card for securing discounts at various businesses.

Conservation Report-The Regional District of East Kootenay voted 14 to 1 to retain control over the Jumbo development issue. It is going to be a long process, as more studies and consultation will have to occur.

Glacier Creek Independent Power is still a concern however we are hoping the huge costs of the project will be overwhelming for the developer.

Trails and Huts- Work parties are in the schedule. Numerous requests via webpage for information. Have visited Huckleberry Hut this year. We will see how Forestry assistance in Hut maintenance works out this year due to ministerial house reshuffling.

Hiking Camp- The Hiking Camp lottery was held on March 22nd and there were some 68 applications, down about 10 from last year. There are a few people on wait lists for the three camps. We are fortunate to have the same three camp leaders

volunteering again, with Bob McQueen in 1st, Don Lyon in 2nd and Glenn Cameron leading 3rd camp. Also, two of last year’s cooks, Suzanne Blewett and Holly Ridenour are returning this year for camps 3 and 2 respectively. Camp one is still in need of a cook, so if anyone is interested please contact Mary Woodward at 825-----. The Hiking Camp Committee will be working with the KMC executive and representatives of the FMCBC to try and ensure the location and helicopter problems we encountered this year are not repeated. Twilight Creek is the location. Helicopter costs may increase significantly this year. The Camps will endeavor to document the impact the campsite has on the area they are in.

Summer Trips- The schedule always has some dates open. Remember that 2 outings on the same day are never a problem and encouraged. Remember we want all levels of outings. We want to get out there!

Mountaineering School- Plans for summer include: volunteer coordinated snow review and rock review. Professional guide to teach a rock gear course to teach people to place traditional gear and build multi-directional anchors, and possibly a second course on alpine climbing techniques. This year’s Recreational Avalanche Course was well attended, although 3 people signed up but did not show up. See announcements in this newsletter.

Library: We have purchased some new books recently that members requested.

Summary of action items to be coordinated with FMC.

-Follow up in regards to the Colpitti Creek issue. Some of the facts are questionable. We would like to see some official "policy" regards these sorts of conflicts adopted by the backcountry huts association. Official Tenure Complaint Form?

-Contact regional office to get reviewer status for any new backcountry tenure applications in the Kootenays. Official contact can be the KMC or through the FMC.

-Continued scrutiny of the Glacier Creek IPP.

-Assistance in revival of Backcountry Land Use Plan for the West Kootenays, particularly motorized and non-motorized land use zoning.

- Potentiality of hosting the 2007 FMC AGM in the West Kootenays.

PHILOSOPHY OF WILDERNESS

The Wilderness Is Within You

At a time when many claim that threats to the physical environment have never been greater, it may be tempting to believe that people need to rebuild the Gates of Eden - and this time lock man out. I think, though, this attitude - while all the while calling for man and his technology to stay out of certain areas in order to protect those areas - fails to consider some very important, if abstract, questions about the human place in nature. 'Wilderness' is often discussed amongst outdoorsy types, but what does it really mean? I have been in biker bars that were much wilder than any remote mountain slope... You can have wildness just about anywhere, but wilderness is all about perception. I have to go back. Way back to when I first started to learn about the natural world from people who were actually a part of it. I was not then, nor am I now, wholly a perfect part of the natural world because I live in a synthetic environment called a city - but there is a part of me that has been, and still is, a part of the natural world - and I can return to it on a moment's notice.

When I first entered the 'wilderness', it was just that - wild. I was a child set loose among many dangers. It was frightening, stimulating, and awe inspiring. I was a man in the woods. THIS was wilderness. A man against the natural world. Here he would pit his strength, both mental and physical against the rigors of this savage land. He would conquer it - even subdue it - and walk proudly through his domain.

Should I go back in time and meet myself right there at that point, the man I am now would slap the man I was, right up-side his fool head.

After so much time spent there, in that wilderness, that man did nothing to conquer or subdue the wilderness - rather the wilderness conquered and subdued the man. Then there was, after many years, a sudden fading of all sense of wilderness and I became a natural creature in a natural world. It faded because I came to realize that 'wilderness' is a man-made idea - a human creation. Before you recoil from that assumption, think it through. Successful and experienced hikers cannot possibly avoid knowledge of what 'wilderness' is, what 'wildness' is, or what being a part of the natural environment means. We have all read Thoreau's definitive statement: "In Wildness is the preservation of the world." The vast majority of us - and I'd bet that all of us - are in love with the natural world. Otherwise, we wouldn't be hikers; rather, we'd spend our walking time on a treadmill while watching TV - but we should ask a very telling question: "When did wilderness become *desirable*?" It wasn't always desirable. One need only look to classical literature to find that the wilderness we hold so dear was once feared and shunned - a place full of dark spirits that is only entered against one's will; and with much fear and trembling. It only had value in the possibility that it might be 'reclaimed' and turned toward human use - as a tame garden, a new town, or even a city. In its raw state, wilderness had nothing to offer civilized man. Every step of early civilization - up to and including the industrial revolution - was a struggle by mankind *against* wilderness. In the early days of this country, wilderness meant the frontier - a thing that we had to keep driving back until we drove it into the Pacific Ocean. Lewis and Clark weren't sent out to discover natural wonders and good locations for scenic parks; they were sent out to explore how this land could be exploited. What had changed, then, to prompt Thoreau to declare wildness to be the preservation of the world in 1862? Wilderness had once

been the antithesis of all that was orderly and good - the dwelling place of devils and wild beasts. It had been the darkness on the far side of Eden's wall - but now it is likened to Eden itself. John Muir declared, of the Sierra Nevada's in 1869, "No description of Heaven that I have ever heard or read of seems half so fine."

Satan's home had become God's own temple.

Frederick Jackson Turner's famous book, The Frontier in American History (1893), is a revealing picture of the closing of the American frontier - the wildness that Turner believed essential to American culture. This changing attitude began with, and continued through, the Romantic period.

Something changed; not in the nature of wilderness, but in our own culture. Without confronting this abstract notion, it will be hard to know which Gates of Eden to rebuild - and on which side of the wall man should stand. Without understanding not just what wilderness is, but how we think about it, it will be very hard indeed to persuade large numbers of people to protect what had been for so long thought of as a frightening wasteland of demons and beasts. To protect the nature that is all around us, we must think long and hard about the nature we carry inside our heads. This is something that even the 'greats' failed to do. Thoreau, in the Romantic period, sang the Joys of Nature - but he never really answered some very important questions. MacKaye, a Deconstructionist, drew the common theme that sunshine and fresh air are good for people to the conclusion that outdoor recreation in a wild setting would be beneficial in his 1932 article. This was by no means an original idea. John Muir wrote, "Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountain is going home; that wildness is necessity; that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life." This statement predates MacKaye's article by many years and certainly he was aware of it and drew on it for inspiration, showing that the Romantic period had changed the perspective on wilderness. But what about NOW? Where are we NOW in the Postmodern Deconstruction period? These questions still go mostly unasked: What is man's relationship to nature? What is man's relationship to wilderness?

Do not think that there is no distinction between nature and wilderness, because there clearly is one - and it is this distinction that we, as hikers, backpackers, and trail advocates, must confront if we are to be successful. One of the poorly accomplished tasks of mainstream environmentalists is to reconcile human beings with their environment - of culture with nature. "What is the *history* of man's relationship with nature?" is obviously a question that goes unanswered in this discussion, but it is a question necessary to answer before we can answer, "What is man's thinking on the nature of that relationship today?" These questions - and their answers - are the very *foundation* of environmentalism and trail advocacy, but are rarely, if ever, properly explored. Rather, the battle flags are flown, and policy wars rage - to the detriment of both the natural world *and* mankind.

So, wilderness is a word used by people who are still too far removed from their natural habitat. There is, for me, no place I have visited - and I would hazard to say few places I could visit - that I should consider a wilderness. I have become a natural man, comfortable in my natural environment. (I am also comfortable in my unnatural environment called a 'house'.) Should you drop me, stark naked, into many (not all) kinds of terrain, I would not mind much. I lost my wilderness when I lost my fear. Would I LIKE to

have gear and warm clothes and lots of other accoutrements (and sometimes a gun)? Of course, but that is not the point. Once you lose the your 'sense of wilderness' you gain something much more precious - the sense of existing as a part of the natural world. From that standpoint, the trail itself is an extension of civilization, no matter how faint - but wilderness is a matter of degrees. For families who drive to scenic overlooks, stop for 2 minutes, then drive off without ever getting out of the car, that is as much wilderness as they can handle. The trail is as much as some others can handle, but for still others, wilderness does not begin until they leave the trail behind. To do so does not require any great skill - or any great length of time, even though the 'thruhike' seems to be seen by many as the holy grail of hiking. For some, I am sure it is. None of these, to my mind, is better or worse than the other - they all just experience the world in their own way. Some people, however, have noticed the curative effects of the outdoors on the mental, physical, emotional, and spiritual health of men and women. Henry David Thoreau was not the first to take 'air baths', nor was he the last. The turn of the century saw many such 'discoveries' and many took this idea to new levels. The Nacktkultur movement in Europe was the epitome of such a natural philosophy. It stressed naked healthful living, which included daily calisthenics, a vegetarian diet, and Spartan outdoor living. I have studied this movement, its history, methods, and practices. I was astonished when I read [Mackaye's article](#) because what he has to say mimics exactly much of what can be read in a book entitled "Among the Nudists" by Merrill Frances & Mason. Aside from the [practice of nudity](#), the ideals are identical: The enrichment of humanity by interaction with the natural world in a natural way. I wonder if Mackaye and Merrill, being contemporaries, knew one another. The natural movement was a phenomenon of the times - and it still occurs in cycles. It is certain, to my mind, that Mackaye was aware of the natural movement both here and abroad, because he was certainly involved in it. (Not the naturist movement, the natural movement for any confused by the last sentence.)

I have read much lately about 'preserving the wilderness'. I think this is on some level a fine goal, but I should like to redefine it. Environmentalists and other concerned people who seek to preserve 'wilderness' cannot do so. They can never do so, because 'wilderness' is not a real thing. It is a phenomenon created by perception. This is, in fact, by their own admission. What they are doing, however, in a very real and important way is preserving the natural world - even though they often miss the mark because they fail to ask the right questions.

Canadian wilderness is rapidly shrinking.

Increased development, more road access, and more backcountry users all contribute to the feeling that "getting away from it all" is more difficult. The Canadian "wilderness experience" is a marketable commodity. People pay us to share it with them on hikes, climbs, and ski tours. Yet even as we guide and train more users in the backcountry, we are contributing to the shrinking wilderness syndrome." *Peter Oxtoby is a naturalist and Backpacking Guide from Golden B.C.. He works for Continuing Education and also*

shares his skills with candidates on Hiking Guide Exams. You can contact him at: poxtooby@rockies.net

REFLECTIONS!

"From an eco-nomic point of view, doing more with less is the path to sustainable development" *William Kemp*

" I'm deeply concerned that long term issues are not being addressed by our very short sighted political system". *UBC Public Health professor and Green Party candidate Rick Mathias*

So, "If the sense of wilderness is to be found in our heads, then what is the importance of protecting trails and their corridors?" The answer is quite easy. The preservation of the trail (*Appalachian Trail*) and its view shed, as a part of the natural world (scenic vista being an important part), is important for the perception of being in nature for most people. Just because I personally do not NEED such vistas to experience the natural world, does NOT mean I do not desire them greatly. On the contrary, I desire them quite a lot. In some sense, the Appalachian Trail and (its corridor) isn't really a trail. It's a very large, very long, museum that preserves a very precious kind of natural 'art'. I should no more desire the building of condos across the trail than I desire to allow children to scribble on the Mona Lisa. So, now, I have come down to it; Why bother to preserve wilderness at all? For what point, and to what end? You may as well attempt to preserve the flat earth theory. To preserve the natural world? Yes, in part - but to what end that? I am with Mackaye: The natural world, and the trail allowing easy access to it, is necessary not for the sake of themselves, but for the sake of mankind. For the sake of allowing those few souls who choose to discover, in the natural world, in a natural way, their own humanity. A trail - any constructed trail - isn't about the trail; it's about people and about humanity. Now, should you ask me to define humanity, I shall have to refer you to the wilderness...

Having read this far, though, I won't turn you away empty handed. Here's a little something that some of you already know, but I suspect some don't: Find a comfortable spot well off the trail. Sit perfectly still for five minutes. PERFECTLY still. See how quickly the natural world comes back in around you - and how quickly the wilderness dissolves. The longer you can sit there, the better it gets, until you actually completely blend in and become part of the terrain. Very easy to do. The hard part is to be able to walk along like that - perfectly blended in. The longer you stay in the woods, the easier it becomes. You can eventually blend in so perfectly that you will walk right past deer, rabbits, and other wildlife and they will pay you no more mind than another deer or another rabbit. You can become the critter that you are. Unfortunately, those things that eat deer and rabbits may also decide to eat you - but that's what makes the place a wilderness... If you want to really experience some wilderness, you can [try hiking naked](#)...Shane. *From SHANE STEINKAMP'S BACKPACKING BASECAMP website. Printed with permission.*

Did you know that in this last Federal election our Southern Interior riding had the highest percentage of Green voters in B.C. at 11.3%?

Did you know that 1 of about every 25 votes in Canada was for the Green Party. **Unfortunately** there is no parliamentary representation, yet, BUT important points are being made!!!

"IT'S NOT EASY BEING GREEN"
Kermit the Frog

Club Trip Reports

Ski to Moose Cabin, February 25

We shoveled our way into the Moose Meadows parking lot to get our vehicles off the highway. The weather was good and there was 8" of fresh snow. We took turns breaking trail and got to the Moose cabin in about 1-½ hours via the swamp route. After a warm fire and lunch in the cabin we started back to the west road where we met other skiers coming in on that route so had a ready made trail on the way out.

We were Ross Bates, Renate Belczyk, Don Harasym, Bobbie Maras, Norm Thyer, and coordinators Ed and Hazel Beynon

Around Twin Lakes, February 26

The scheduled objective of Ripple Mountain and then down to the highway fell by the wayside due to high avalanche conditions, high winds, possible lack of snow at the bottom and general nervousness (on my part). We did not get to the secondary objective of the north and west flanks of the ridge west of Twin Lakes either, but who said life or KMC trips were certain.

However, we did get two excellent soft and fluffy runs around Twin Lakes and were back in Nelson in time for afternoon tea.

Attendees were: Ken Holmes, Dave Jack, Llewellyn Mathews, Peter Tchir, and coordinator Maurice de St. Jorre.

Other trip reports

These reports are from Club members.

The dates and destinations are not on the Club schedule.

Tales From The Big Top, August 2005

As a teenager I was never tempted to run away with the circus, but as a not always mature adult I find the appeal of the Jones/Seagram Flying Circus to be irresistible. Last August I ran away for a week in the Gold Range. With only three other participants, Davey Jones, Joie Seagram and Bruce Fairley this was a mere one-ring version of the famous spectacle. As usual I was assigned the role of clown, assisting the other three star performers. We flew in to a small lake one kilometer south west of Mooncastle Lake, where we enjoyed perfect weather and great climbing.

Everyone climbed Mt. Odin on two different days, (my third AND LAST time!) and we all climbed Mt. Burnham together. This was a long and tiring day, which culminated in a 1000-foot grind up from the lowest lake back to our campsite- not the best way to end a 14-hour day. I staggered into camp long after the others, but just in time for supper! Doug Brown and Sandra McG. had done Burnham the year before, and a good description of this excellent route appeared in the Dec 2004 newsletter.

Early on, Davey and Joie completed a new link-up on Frigg Tower, combining the lower three pitches of the south face with the top four pitches of the east ridge, making a nice direct line (7 pitches, 5.9). Bruce and I established a new route on Mt. Munin, described below. This climb, which we named Nowhere Buttress, was either a painful ordeal or a great adventure, depending upon whether you have a half-empty or a half-full personality.

At first, of course, time was not an issue. We left camp at about 7 and strolled along the slabs by the side of the lake, intending to

cross the outlet stream at the far end. Unfortunately the water had worn a groove that was too wide and too deep. We rolled a few large boulders into the creek, hoping to build a ford, but they were whisked away like pebbles. Reluctantly we headed downhill, in search of a better spot. About 1 000 feet lower, where the creek started to braid we finally crossed, after throwing what felt like a ton of rocks into the water, to make some stepping- stones. By the time that we had hiked back uphill to the base of our chosen climb we were well behind schedule, but quite unconcerned about it.

We were planning a new route on the east buttress of Mt. Munin, a peak on the ridge between Odin and Grady. This buttress is the mirror image of the north east ridge of adjoining Mt. Hugin which Steve Horvath and I had climbed several years earlier, and I expected to encounter similar conditions, which would still give us lots of time to reach the top and be back in camp before dark. I had forgotten that everything, which can go wrong, usually does.

The first four pitches were characterized by a series of small roofs and overhangs, which involved lots of back and forth climbing, lots of rope drag, and lots more time wasted. The next eight pitches went faster, and led to easier terrain just below the south east ridge where we unroped. On checking the time, we were astonished that it was already 4:15. Although camp was still visible below, it was also many hours away. We didn't have enough gear (or finances) to rappel the route, so it was onward and upward. After scrambling to the ridge crest we decided to forego the summit, and bailed down the far side of the mountain, which landed us in the next valley south. Here we joined the normal approach to Mt. Grady, which I had climbed with Kim Kratky in 1990. This was both good and bad news, good since I knew where to go, but bad because I knew how long it would take.

When we reached the small lake where Kim and I had camped before, we stopped for a short break. Ruefully I thought about the tent, sleeping bag, food and rest that had awaited me the previous time. Today's small bag of trail mix, light sweater and many more hours back to camp just didn't measure up, and being in the wrong valley was a problem. Later, high above the lake, we followed some steep grassy slopes, which finally led to the upper edge of the Frigg Glacier, just as dusk turned to dark. "Rope?" said Bruce, "Nope" said I, knowing the crevasses were narrow. In the faint starlight and moonglow the cracks showed up as slightly whiter lines than the ice between, and now back in the right valley, we plodded down the glacier, carefully stepping over each crevasse.

On the far side we descended the slabs towards Frigg Tower. With only one small LED headlamp we soon realized that we were done for the day, and that the inevitable night out was finally upon us. Bruce and I had shared a bivouac several times before, so we were well practiced, if not well prepared. A bitter wind was blowing down from the glacier, so we chose a corner formation that gave a little shelter. Since I was already wearing all my clothes, I put on my gloves and toque, laid out the rope for a pillow, slid my empty day-pack under my hip, and stretched out on the granite slab. After a 16-hour day sleep came easily, but did not last. The next five hours passed in the usual 30 minute routine of doze off, wake up shivering, blow warm breath on chest, check watch, nibble on trail mix, roll onto other hip, doze off, etc etc.... Repeat as required, until first light. During the night it clouded over, and we witnessed an impressive display of thunder and lightning, but without the anticipated downpour. Maybe we deserved a little luck. In the morning it took about an hour to reach the comforts of camp, which we enjoyed by sleeping until

noon. (Nowhere Buttress, NE rib Mt. Munin, 12 pitches, mid fifth class).

On the last full day we all headed for Storm Tower. This is the unofficial name that Steve Horvath and I had given to the small but sharp rock peak located on the ridge between Odin and Frigg. We had chosen this name when we were overtaken by a massive blizzard at the top of the third pitch of the regular east ridge route. After rappelling off, and spending the next three days in our all-too-small tent, we returned to complete the third ascent of this fine ridge. This year Dave and Joie also opted for the east ridge, and thoroughly enjoyed making the fourth ascent. (5 pitches, 5.7).

Meanwhile, Bruce and I had been scoping a new line up the center of the south face, and we decided to give this a shot. As usual we encountered superb Gold Range granite, some of the best anywhere. All of the hours of practice at the climbing gym and the local crags paid off big time, as an amazing sequence of edges, flakes, chicken-heads and friction had us floating up the face, catching occasional glimpses of the others silhouetted on the east ridge. Far too soon it was over, and we were all relaxing at the cairn. (South Face, Storm Tower, 5 pitches, 5.9).

Having hiked out of this location twice before, I was glad to fly out this time! Unfortunately, due to the high cost of aviation fuel we had to leave the elephants behind. If you're ever in this area, please feed them. They're partial to banana leaves.
Bruce Fairley, David Jones, Joie Seagram and Hamish Mutch (reporter).

The Mountain of Hope Campaign

The goal of the Mountain of Hope Campaign is to raise awareness and \$1 million dollars for the Childhood Cancer Foundation - \$100 for every step Brandon takes.

On July 24, 2006 Brandon and his climbing team will begin his ascent up Good Hope Mountain in British Columbia - 10,000 feet for 10,000 children with cancer!

For more information visit www.brandonsdream.com

Making Noise!!!

Bear attacks can happen at any time during the season. However, from August through Sept, when bears concentrate on feeding as much as possible, the encounters have been more frequent. Commenting on the bear attacks in the Rocky Mountains National Parks last season, officials say "people shouldn't avoid the backcountry; just be smart about using it".

Above all, hikers should make noise so that they don't startle bears. Hike in groups (6 is great), carry Bear Spray and watch for fresh tracks and droppings. Park Warden Ian Syme said that, "We seem to have this phobia about making noise. If people made noise in both cases things would have turned out different".

From Dawn Walton's article in *The Globe and Mail*, Sept. 2, 2005.

Notes On The Process Used To Get a Series of Land Use Agreements For the Great Bear

Rain Forest. *From a presentation by Stephanie Goodwin, GreenPeace Forestry Campaigner at the Pulp Paper and Woodworkers of Canada Environmental/Forestry Conference March 2006. By S. Miros*

-The Campbell Government "vision" B.C. Is Open For Business" has changed the power dynamics of the stakeholders within the province BUT there are still opportunities to influence decisions. Premier Campbell currently is focusing on: 1) A legacy of the First Nations, and 2) The Olympics. He is investing lots of money into these. We wanted the Great Bear RainForest preserved. How did we change the paradigm? How did we make the forest industry willing to negotiate for a solution?

The process started with conflict. -GreenPeace got involved by a First Nations invitation to help with land rights. Industry versus public groups, there were protests throughout the world esp. the US and Japan. The intent was to get industry talking with us and to secure a few special areas. Allies were made of businesses that purchased B.C timber products. These allies applied pressure in various ways to get the Govt and Industry working on solutions.

Transition to solutions. Required: a truce between the industry and the public groups. Industry wanted to get back to business and Environmentalists often don't want long-term solutions. Conflict is counter-productive for both groups. Both prefer dialogue. Companies agreed to stop logging in several areas. Green Peace would stop their market campaign of boycotting B.C. forest products.

Developing solutions. This required a creative solution-oriented framework on how it should be done. The government employed a facilitator to move the process. The process was to encompass environmental protection, evolution of current business practices, socio-economic transitions, an independent science resource to solve problems. The creation of new relationships and a new economy based on conservation and sustainability was visible.

From conflict to consensus LRMP tables were established consisting of local communities, industry, small businesses, labor unions, conservation groups, tourism operators, and the mining industry. How effective are LRMPs? They decentralize power so that the areas are broken down so that stakeholders in that area can be a part of the process. The LRMP is essentially a series of recommendations, not law. The government administration is essentially inert. Shepparding is required. Moving the LRMP is important. The province needs to be pushed to move the tables along. Essentially, we stakeholders don't care what the Govt says is important, we tell'em what's important!

The paradigm shift - It's a matter of Gordon Campbell listening to who makes the biggest noise. Be it industry, Green Peace, or whoever affects the market. The regular citizens, communities and various stakeholders often don't know how to make the noise and often are being left out. How can we make an impact? It requires numbers. It's a huge process. It requires huge resources, lots of volunteer time, up to date science, and you have to keep relationships established with politicians. It's a slow process because there are so many people involved in trying to achieve a consensus.

Mountain School Summer Skills Review

This year the Mountain School will run two summer skills review sessions, the first focusing on snow climbing, the second on rock climbing. These are skill reviews only (not professional learn from scratch courses) and will be coordinated by volunteer leaders so people coming along should have some basic skills on rock and/or snow. That said, you don't have to be leading 5.11 routes or soloing the north face of Mount Robson to come along to either (or both) days. Below is a teaser of what skills we will be reviewing in each session:

Snow Review: Self belay with an ice axe; climbing in balance with an ice axe, plunge stepping, self-arrest with an ice axe, basic crevasse rescue systems (3:1, 5:1, and drop loop).

Rock Review: Crag climbing at West Creston. Review tying in, belaying and movement on rock.

Volunteer coordinators are needed so if you can help out, please contact me.

Dates: April 30 Snow Review
 May 21 Rock Review

Library News

Itching to Get Out: Long and Short Ski Tours



If you are like Doug and I, you are well into planning (and training for) your spring ski trips. Whether you like long multi-day epic tours climbing peaks and traversing icefields or shorter jaunts to local destinations, the KMC library has a guidebook to help you plan your spring ski adventure.

Here is a sample of the ski guidebooks in the KMC library:

- *Ski Touring the West Kootenay* – trips from one to multiple days all in the local area.
- *Summits and Icefields: Alpine Ski Tours in the Rockies and Columbia Mountains of Canada* - too many trips to ever ski them all, day trips to peaks and multi-day traverses across the Interior Ranges.
- *Ski Trails in the Canadian Rockies* – mellower trips in the Rockies, including many fine easy day trips.
- *Exploring the Coast Mountains on Skis* – for the very adventurous, long ski traverses across the great glaciers and icefields of the Coast Mountains.
- *The Best Ski Touring in America* – with this title there has to be at least one good tour in this book.

So, happy planning (and training) and don't forget to write a trip report for the newsletter on your return.

New in the library this month:

- *The Inner Green. Exploring Home in the Columbia Mountains*, by KMC member K. Linda Kivi and Eileen Delehanty Parks.
- *Exploring the Coast Mountains on Skis*, by John Baldwin
- *A Walk in the Woods*, by Bill Bryson

The KMC 2006 Executive:

Chair	Steven Miros
Vice	Doug Brown
Treasurer	Norm Truant
Secretary	Vera Truant
Conservation	Kim Kratky
Winter Trips	David Mitchell
Summer Trips	Vicki Hart
Cabins & Trails	Ted Ibrahim
Mtnrg. School	Sandra McGuinness
Hiking Camp	Ron Cameron
Climbing Camp	Doug Brown
Website	Doug Brown
Entertainment	Vacant
Newsletter	Eliane & Steven Miros

2006 KMC Climbing Camp

The Gold Range: Thor Creek to Avalanche Lake

Location:

The 2006 KMC Climbing Camp will be in the central Gold Range west of Arrow Lake between Nakusup and Revelstoke. The Gold Range is known for its excellent rock, ferocious bush, and nearly guaranteed solitude. This year's camp will be another traverse style "camp" in the style of the 2003 KMC Climbing Camp (<http://www.kootenaymountaineering.bc.ca/reports/goldrange/goldrange.html>). Of the 8 days of camp, 2-3 days will be travel days (general mountaineering with full packs), and the remainder will be climbing out of our 3 camps.

Camp Overview:

We'll start by flying into the head of Thor Creek in the vicinity of 82L/9 190080 (NAD27) at around 5000 feet. The next three days will be set aside for attempts on Thor, Niflheim, and Kelly. After that, we'll shoulder our big packs (5 days of food) and travel to a new camp somewhere on the north side of Gates Peak. The following two days are planned for assaults on the three peaks of Gates and Hughes Peak. After those conquests, we'll move on to camp somewhere in the vicinity of Avalanche Lake (82L/9 170143, NAD27) or Cranberry Mountain. At the present time, exit plans are uncertain; we will either walk out to the east, or call in the whirlybird.

Map: 82 L/9 Gates Creek.

Access:

Helicopter into the head of Thor Creek from a staging area on Pingston Creek west of Shelter Bay. At press time, it is not decided whether we will walk or fly out.

Dates: July 22 – July 30, 2006.

Cost:

Climbing Camp is run on a cost recovery basis. Total cost is dependent on the number of participants and exact helicopter costs, but is estimated it will be in the range of \$150-\$500 per person (costs should be in the lower third of the range if we we walk out). A \$100 **non-refundable** deposit must accompany camp applications.

Age Restriction:

The minimum age for participants is 19 years as of the date of camp.

About Climbing Camp:

The Kootenay Mountaineering Club does not act as a guide service at its climbing camps. Rather, it merely facilitates transportation of members into remote, rugged wilderness areas where one's activities must be governed by the level of experience one possesses in such an environment. Previous climbing experience is mandatory.

More Information:

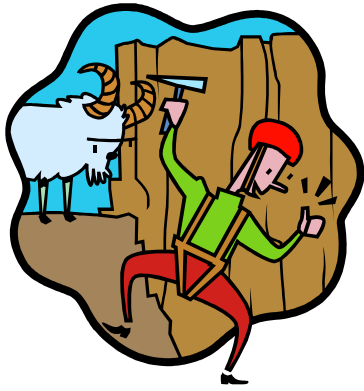
For more information, contact Doug Brown. Pictures and a map image are available at: <http://www.kootenaymountaineering.bc.ca/climbingcamp2006.html>.

Registration:

Camp size will be limited to a maximum of 8 people. Applications will be accepted on a first-mailed, first-accepted basis. Camp will be open to KMC members only until May 1, 2005 when it will be open to the general public.

To apply for climbing camp, go to <http://www.kootenaymountaineering.bc.ca/climbingcamp2006.html>, and download and print the application form (link in the "Registration" section), fill it in and mail it along with your **non-refundable** \$100 deposit cheque (payable to the KMC) to:

Doug Brown,
3939 Malina Road,
Nelson, B.C. V1L 6X6



Kootenay Mountaineering Club Climbing Courses 2006

Build your climbing and mountaineering skills this spring and summer with our series of focused skills and rescue courses. All courses are held in local climbing areas and provide the opportunity to meet and develop your skills with other club members.

Laura Adams is a certified teacher and a professional member of the Association of Canadian Mountain Guides (ACMG). She recently completed a Masters Degree focusing on risk management and decision making in high risk environments, and has been teaching and guiding in Western Canada for the past twenty years. Local ACMG instructors will assist in course instruction.

Rock Skills Workshop

May 20 & 21

\$185

Learn the essentials of rock climbing and build a solid base of skills for your future climbing pursuits. Topics include movement skills, rope handling techniques, belaying, rappelling, anchor systems and safety techniques. Participants will also become familiar with several of the established crags in the West Kootenay region. Minimum of 4 participants for the course to run.

Learn to Lead

June 3

\$99

Small student to instructor ratios enable an intensive development of lead climbing skills. Topics focus on protection placements, anchor systems, rope management and lead climbing belaying techniques. Participants must be able to climb 5.8 to participate in this workshop. Minimum of 4 participants for the course to run.

Rock Rescue Systems

June 10

\$99

Learn how to secure an injured climber and perform raising and lowering systems in steep rock terrain. Minimum of 4 participants for the course to run.

Mountain Skills Workshop

June 21(eve), 24 & 25

\$200

This course integrates instruction, demonstration and practice in the skills of general mountaineering. Topics include trip planning and preparation, equipment applications, technical snow skills, snow and ice anchors, rope handling techniques, navigation, route finding, hazard assessment, and risk management. Minimum of 6 participants for the course to run.

Mountain Rescue Systems

July 8

\$ 99

Learn key rescue techniques for mountain snow and glaciated environments. Topics include crevasse rescue and raising systems, lowering an injured climber, and self-rescue techniques. Minimum of 4 participants for the course to run.

Note on Course Fees:

Small student to instructor ratios enable focused development of your skills. Thus, a limited number of spaces are available in each course. A deposit of 50% is required to secure your space, and the balance is due one week prior to the course.

In order to keep course fees low for club members, participants must provide their own personal climbing equipment. Group equipment such as ropes and anchor systems will be provided by course instructors. An equipment list and detailed itinerary is provided upon registration.

For more information contact: Sandra McGuinness. A course application form is available on the web at:
<http://www.kootenaymountaineering.bc.ca/2006summercourseapplication.pdf>.