



Kootenay mountaineer

The KMC Newsletter

July-August 2009

Issue 4

Next deadline: September 21st

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□ Responsibility for a tragic outcome lies with the risktakers,

not with those who fail to save them... Whether search-and-rescue or resort officials erred is irrelevant. Golden & District Search and Rescue is a volunteer organization whose members risk their lives to save others. Holding volunteers liable for a lost skier's death would not only be grossly unjust, it would undermine the ability of such organizations to recruit members... RCMP failed to follow an effective protocol for dealing with the situation. A probe under way by two senior Mounties from other detachments ought to ensure such an event doesn't happen again, anywhere in B.C... Many factors can lead to an unsuccessful search, including weather and human error. Resort officials are responsible for skiers who remain within their boundaries. Skiers who risk skiing out of bounds are responsible for themselves." Ethan Baron commentary in May 10, 2009 The Province regarding recent suit filed in B.C. Supreme Court by survivor who was lost out of bounds at Kicking Horse Mountain. A woman died during the ordeal.

FOR GLACIER HOWSER UPDATES GO TO

<http://www.glacierhowser.ca>

Drivers, Cyclists Equally to Blame

ICBC keeps clear records of what happens when collisions occur between people on bikes and people in cars. The causes for these are split evenly between the two. And, it's the individual road user's attitudes and actions that cause collisions. Cyclists break the law, motorists do too. Many motorists lose patience when held up by a cyclist but they must be patient and respectful when following a bicycle just as they must when following other slow moving vehicles. The law requires a bicyclist to maintain a speed that is only reasonable for a bicycle. But remember that no matter who is at fault it is the cyclist who will most often be hurt. *From Ray Kilburn's article of the same name in the Richmond News, June 19, 2009*

CRASH & LEARN Stats

From ICBC in British Columbia Automobile Association's Westworld Magazine, Summer 2009.

"Cycle-ogical Need" by Ian Macneill

"Cyclists and drivers need to get along by respecting each others right to the road- and law." Gordon Price

Top 5 Contributing factors assigned to cyclists:

- 1) Cyclist inattention 21%
- 2) Riding on wrong side of road 12%
- 3) Cyclist error/confusion 12%
- 4) Failing to yield right of way 10%
- 5) Ignoring traffic control device 7%

Top Suggestions for improvement- respect the traffic signs, stay off sidewalks, behave predictably and avoid weaving, wear bright clothing and a bright helmet, ride at least 1 meter from parked cars. Half of all collisions occur at intersections.

Top 5 contributing factors assigned to drivers involved in accidents with cyclists:

- 1) Driver inattention 25%
- 2) Failing to yield right of way 15%
- 3) Driver error/confusion 12%
- 4) Improper turning 5%
- 5) Sightline obstruction 5%

Top suggestions for improvement- stay off bike lanes/routes, stop at "stop lines" rather than coming to a rolling stop, shoulder check for bikes before turning right. Half of all collisions occur at intersections

More and more Canadians are lacing up their hiking boots, strapping on their bike helmets and paddling their way to a healthier lifestyle in the Great Canadian outdoors.

More you do, more you can do

"I have a rule born from years of observing people engaged in physical activity. It is simple. The more you do, the more you can do. The less you do, the more you can't do. Other than disease and accidents, we determine our own physical reality. If you tell yourself you can't run, pretty soon you are right. Then you start saying "I can't walk stairs". Sure enough you can't walk stairs. Then you can't walk distances. Then you can't

walk fast. Before you know it, all you can do is sit around and watch TV. One way to stay off that road is to keep challenging your body- exercising, training and finding goals that keep you physically connected." *Peter Estabrooks, The Province, June 29, 2009.*

Find an activity you enjoy and stick to it

Developing the motivation to exercise is one of the most important keys to a healthier lifestyle. Motivation is the most important factor in exercise because it determines which activity you choose to do and why you maintain it over time. It is fundamental. Without motivation you wouldn't exercise. Once you find your motivation the attitude carries over into other aspects of your life. Motivation allows you to find focus, balance and make changes and sacrifices.

From an article by Natalie Stechyson in The Vancouver Sun, June 22, 2009

Hiking Gear: Less is More

Do you know what the number one mistake is for new hikers? Trying to carry too much weight, meaning stuffing too much needless junk into their backpacks. It is a lesson well learned though, and one not often repeated. Actually, before each outing, the hiker needs to reassess his gear and leave behind all but the bare essentials. Adventure awaits you at the hiking trail. But what is hiking without good hiking gear? And how can you enjoy the scenery when you are carrying a heavy load on your back?

Beware all the Gimmicks and the Gizmos! These days, outfitting stores offer literally loads of these things, purportedly to ease up the inconvenience of traveling in some godforsaken place. Well, all that is good and true, but the fact remains that these things are little more than opportunities for you to stuff

your pack up with things you don't really need. Yes, sure these hiking gear items all seem to be specially designed for travel. But wait until you start loading your pack and try to heft it! The idea is

to travel light. Th under a heavy pa of trinkets including a first-aid kit that could have started a third world hospital, while a skinny drifter breezes past you with a slim pack that weighs less than one-half of the pack you're carrying. It's not fair, you whine.

So, rather than learning your lessons the hard way, pay attention to the first rule in lightweight hiking: get your hiking gear ready and beware all the gimmicks and gizmos trying to worm their way into your pack. All these seductive promises about bringing at-home comforts to the trail are no more than empty promises. The real deal is life on the trail is about simplicity. Hiking gear that's bent on luxury should be left at home and made to stay there. Anyway, you'll get back soon enough.

Re-Evaluate Your Gear

Lightweight hiking is all about carrying as little hiking gear as possible. So even if you've been traveling light for most of your hiking trips now, continue to re-evaluate your hiking gear each time before you leave for the trail. Is there something you always, always take but never, ever use? Something you do use, but could really do without? What about all those extras you don't need?

Share with your Partner.

If you travel with a partner, you have a better chance at traveling lighter than usual. Why? Well, just ask yourself this: do BOTH of you really need a Swiss army knife with a portable chainsaw and 14 screwdrivers on it? You can probably get by with something simpler and lighter. And if you share the hiking gear you're both already carrying, then so much the better.

Hiking is all about being in the great outdoors, exploring new scenery, and fun healthy exercise. Don't spoil it all by burdening your back with a heavy load. You might be surprised how little you actually need to carry with you by using a little innovation on your part. <http://hiking-guide.com> Powered by Joomla! 2 May, 2009

"You just can't beat it into the public mind that a tan is a sign of sun damage...We think of it as healthy looking, but, ironically, a tan means wrinkling, brown spots, leathery skin and dilated blood vessels. The net outcome is that you look a lot older than you really are."

Dr. Beatrice Wang, Director of McGill University's Melanoma Clinic. The Canadian Dermatological Association has said that the incidence of Skin Cancer has increased by two-thirds since the 1990s. One in fifty Canadians is now affected and only 50% of Canadians use Sunscreen. *Vancouver Sun, July 11, 2009*

What To Do In An Electrical Storm (Don Lyon submission)

The Mountaineering Council of Scotland has posted good information on what to do in case you are caught in a lightning storm at <https://admin.alpineclubofcanada.ca/link/to/1503-70169-77-02>

Skaha Updates (from the Climbers Access Society-Written by Howie Richardson)

- The volume of traffic on the access road to the Skaha parking lot has inevitably produced some negative comment from locals in the area. The problems have an easy remedy and that is to act in a considerate manner when driving that road. Drive slowly to minimize dust, washboard on the dirt road, and the risk of accidents. In particular watch out for the locals that walk their dogs up that road.
- The last two long weekends at Skaha were rather hectic but the way that climbers dealt with the narrow road and minimal parking was amazing. The minimal parking is soon to be a non-issue as work is under way on the extension car park, which is slightly above and to the NE of the existing one, and is expected to be paved by June 26th.

Oh, these vast, calm, measureless mountain days! Days in whose light everything seems equally divine. One who has gained the blessings of one mountain day, whatever his fate, he is rich forever. *John Muir*

Local voices must be heard in decisions on power projects

By George Heyman and Sarah Cox .
Printed with permission of the Sierra Club, B.C.

Bute Inlet, a long and deep fiord 300 kilometres north of Vancouver, is famous for many things. Some call it “Canada’s Himalayas” because of the striking glacier-covered mountain slopes and temperate rainforest. Loggers know it as a place where nature can’t be tamed, where avalanches and rockslides tear down mountainsides and mini-tornados funnel down the fiord in legendary winter storms. Fishers count five kinds of salmon in the emerald inlet. Mountaineers eye Mount Waddington, the highest peak entirely in British Columbia, near the Homathko Icefield which feeds the inlet with streams of gravel-studded water.

For Sierra Club BC, Bute Inlet was a place we’d heard much about, yet didn’t know at all. In the news, Bute has become synonymous with a controversial power proposal to harness over 1,000 megawatts of electricity from 17 high elevation creeks and rivers and march it over the mountains to the electrical grid.

Last week, Sierra Club staff and volunteers boated up the 75-kilometre inlet, and travelled along overgrown logging roads to remote river valleys that could soon house turbines and transmission lines. We wanted a first-hand view of the scope of the development owned by Plutonic Power Corp and its partner General Electric — a controversial proposal that spurred more than 250 Quadra Island residents to overflow a local hall on a Sunday morning in February to voice objections to the project.

In a “green power” gold rush invisible to most of us, the provincial government has granted more than 130 water-for-power licences. Close to 600 more applications are pending — primarily placeholders for corporations laying claim to B.C.’s public rivers for future development.

Run-of-river as “green power” of B.C.’s clean hydro power, once infrastructure is in place they are largely carbon-neutral. But this green power moniker raises many difficult questions that challenge the environmental community and all British Columbians.

Do we carve up a wilderness area — in Bute’s case one that encompasses the southern most range of B.C.’s coastal grizzlies, endangered marbled murrelet habitat and all five species of B. C. salmon — to produce power for export in an attempt to slow our rapid ascent to global warming’s tipping point?

How do we calculate the carbon footprint of producing and shipping turbines and penstock from Austria and China, ferrying work crews in and out by helicopters and airplanes and leaving a 100-metre-wide swath of felled trees to release their carbon contents into the atmosphere beside transmission lines channelling “carbon-neutral” power? In the name of green power, do we compromise or destroy burgeoning ecotourism ventures that create sustainable jobs and infuse money into the local economy?

The sheer scale of Plutonic’s proposal warrants questions and concern. It is 33 times larger than the 30-megawatt limit set by the state of California’s renewable energy bill for run-of-river hydroelectric power. In addition to the 17 stream diversions and 445 kilometres of transmission lines, the project will involve 314 kilometres of roads, 142 bridges, 16 powerhouses, and a substation — all this in a wilderness area so visually stunning that Beautiful British Columbia magazine recently named a trip to Bute Inlet one of “50 things to do before you die.”

The Homathko logging camp, where we stayed at Bute’s eastern tip, is equipped with its own run-of-river project that generates more than enough electricity to fuel a plethora of power equipment and feed and house 30 people. We climbed uphill to see the waterfall source of the camp’s abundant electrical supply, and couldn’t help but note that this small scale “run of river” is a non-invasive harnessing of water tumbling downhill.

a well-ought, comprehensive and publicly acceptable template to assess the full environmental footprint of new power proposals.

- Is the proposed development truly “green” when its impacts on habitat, species and irreplaceable ecosystems and landscapes are considered? Is a mix of additional alternatives, including wind and solar, less environmentally destructive?
- What is the “full carbon accounting” when emissions caused by construction and maintenance are factored in?
- What is the appropriate scale of a “green power” project — 1,000 megawatts such as Bute or much smaller, like California’s limit of 30 megawatts?
- What is the cumulative impact of dozens of power projects on a watershed?
- Will the new power replace dirty coal or natural gas fired generation, or will it be exported with no carbon reduction strings attached?

Rights to use our rivers and public land must be granted through open public processes, not sacrificed by provincial policies that transfer accountability from the public to shareholders and allow corporate claims of commercial confidentiality to trump our freedom of information laws.

Bill 30, passed by the B.C. government in 2006, removes input and planning approval from local governments and communities during provincial assessment of proposed water-for-power projects.

Our water as well as our atmosphere is a common asset, and we need to ensure public benefit from its use. We must develop green energy, but in a way that retains the right of B.C. to make decisions in the public interest with political accountability.

We can’t run the risk of having those decisions blocked by investor rights clauses in trade agreements. We can’t afford to silence local voices, and we can’t afford to extinguish open and broad-based public discussion about how best to extricate ourselves from our carbon quagmire.

This article was "first published in the Vancouver Sun, July 14, 2009"

Unless someone like you cares a whole awful lot, nothing is going to get better. Dr. Seuss

Kokanee Ski Week 2010

A heads up for everyone. The Kokanee ski week will be January 30 - February 6, 2010. The estimated cost is the same as last year at \$900 each. Cost includes: accommodation at the Kokanee Glacier Lodge and helicopter in and out. This is a self guided, self catered trip. A participant lottery will be initiated on October 1st and finalized October 15th with payments due by October 30, 2009. Those "wait listed" last time will be given the option of going but must commit by October 15th. Participants should be experienced back country skiers and have completed an avalanche awareness and rescue training course.

Dave Watson, Director, Winter Trips



KMC Library News: West Kootenay Rock Guide

Sandra McGuinness submission

It's been a long time coming, but the much awaited West Kootenay Rock Guide is now in the KMC library. Written by local lads and route developers (hard routes) Aaron Kristiansen and Vince Hempsall, the new guidebook includes all the major rock climbing areas throughout the West Kootenays - Castlegar, Nelson, Rossland, the Slocan Valley and even a smattering of routes in the Valhallas.

It's great to see all the climbs of the West Kootenays in one book, as for years, I've been carting about bits of paper, downloaded PDF files and sundry tattered bits of beta for the various areas. Hopefully, some areas with good climbs that are infrequently visited – like Better Than Nothing crag in Rossland – will get more traffic, there may even be some rediscovery of some older areas that have fallen out of favour with the advent of all the development at Waterline Wall.

The authors have gone with a very simple two point rating system. Theoretically, routes with no rating are ones you might want to avoid, but, having done many of the unrated routes in the book, I'd say this isn't a given.

Two things would have made this book better: an index and a protection rating. First, obviously, so you don't have to flick all the way through the book to find a particular route, and second, so the terminally nervous – and I include myself – know which routes to avoid. As it stands now, you could find yourself facing some unexpectedly long run-outs.

The West Kootenay Rock Guide, along with the now superseded Waterline Wall guidebook are available for loan from the KMC library.

The KMC library is located at the home of Sandra McGuinness
Tel. 250-352-3545 Address: 3939 Malina Rd Nelson BC V1L 6X8

Mountain Science Series

A Quick Guide to Using iMapBC: Part 2

In part 1 of this series (see May-June 2009 KMC Newsletter), I presented some simple instructions for using BC Basemap. One of the other mapping products produced by the Government of BC is iMapBC. iMapBC shares some of the same characteristics as BC Basemap and some of the interface is very similar, but iMapBC includes a huge number of optional layers that can be turned on and off. As with BC Basemap, you'll want to play around to find the options that suit you best, but here is a short (very) tutorial to get you started with iMapBC.

First off, the URL for iMapBC is <http://webmaps.gov.bc.ca/imfx/imf.jsp?site=imapbc>. You'll see that many things about iMapBC look the same as BC Basemap. The same menu across the top, the same pan (the small hand), zoom in/out (magnifying glass) tools at the top on the far left hand side, etc.

Searching for a location is the same as with BC Basemap. Click on <Find Location> on the top toolbar and on the right hand side a list of search options will appear. As with BC Basemap, I find choosing <place name> the most useful option. In this instance I was looking for Hewlett Peak, so I typed Hewlett into the search box. Again, you can choose 1, 10 or 25 km. I chose 10 km. Two Hewletts come up from the search, I, of course, am interested in Hewlett Peak so that is the one I selected.

You'll note that Hewlett Peak comes up in the centre of the screen, but there is some truly awful colouring which makes the map hard to read. This is what iMapBC calls "hillshade colour" with southwest sun exposure. I presume it is meant to give you some idea of the topography, but to me it obscures detail and makes me feel as if I'm in the far south of the USA somewhere in all that desert that they have (better bushwhacking than here, anyway). If you like this, leave it, but if you don't here's how to turn it off. Click on <layers> on the top toolbar and a list of options in blue will appear on the right hand side of the screen. Select <imagery> and you'll see a checkbox (that is checked) labeled "hillshade colour". Click on the checkbox to turn "hillshade colour" off, then click <refresh map>.

The next thing you will probably want is some contours. The map options aren't quite as easy to find on iMapBC as they are on BC Basemap, but, on the plus side, there are a lot more of them. I'll tell you how to find all the different layer options (including the all important contours) and let you play around with what layers work for you.

At the top right hand side of the screen you'll see – written in blue – [add/remove] [change order]. Click on [add/remove]. You'll get a pop-up screen titled "add layers" (iMapBC calls this pop-up window the "layer manager") with a whole list of folders beneath it. There are many, many options here. The key is to find what is actually useful. To get contour intervals, click the <base maps> folder. A drop down menu with checkboxes will appear. The easiest way to get contours is to turn on <base mapping (1:20,000 scale)>. As with BC Basemap, you'll have to scroll down on the right hand side and click <refresh map> to get the map to reload with contours. You'll note that now, on the right hand side of the screen there are a huge number of options that can be turned on and off. Play around and turn some options on and off and see what you like. Remember you'll always have to hit <refresh map> to get your new map to reload.

You will probably have noticed that when I directed you to turn on <base mapping (1:20,000 scale)> there was also an option to turn on <UTM grid lines (1:1,000)>, a handy feature for GPS users, so you might also want to turn this option on.

Another potentially useful layer is forest cutblocks. You'll find these under the folder <licenses and permits>. Spend some time playing around with all the options available in the "layer manager" to see what options you find useful. You'll note that you can even turn on <crown use tenures>. Panning, zooming and printing are the same as with BC Basemap, so refer to the Part 1 of this series if you've forgotten how to do these things.

There you have it. Lots of options for maps for your next trip into the wilds. Now you have absolutely no excuse for getting lost.

Sandra McGuinness

HIKING, HOW EASY CAN IT BE?



With warmer weather, it's a great time of year to enjoy the backyard we call the Kootenays and the plethora of hiking trails it has to offer. Hiking, like other physically demanding activities, can put stress on your body. Be it a sore lower back, tired feet or a tight neck and shoulders.

The question is "What can you do to help alleviate the stress that your body endures when hiking?"
Solution: **Feldenkrais Method**- using a fun, easy-to-follow exercise this class will evoke more ease, strength and pleasure in your hiking.

Topics Covered in Class

- * The mobile support of your feet and ankles, and their resonance through your whole structure
- * Synergy of your legs, pelvis and back
- * Cross lateral relationship of your hips and shoulders

Where: Shanti Studio (466 Josephine St.)
Dates: August 16, 2009 (Sunday)
Time: 2-3pm
Cost: free

Hilary Fuller

Is a Guild Certified Feldenkrais Practitioner. Supportive and clear in his teaching with a thorough understanding of how this Method has a practical application to everyday activities. Hilary's classes are fun, effective and captivating.

A full time Feldenkrais Practitioner, he teaches group classes and offers individual sessions in the Nelson area.



Feldenkrais Method *From Wikipedia, the free encyclopedia*

The Feldenkrais Method is an educational system centered on movement, aiming to expand and refine the use of the self through awareness. It is intended for those who wish to improve their movement repertoire (dancers, musicians, artists), as well as those wishing to reduce pain or limitations in movement, and many who want to improve their general well-being and personal development. Because it uses movement as the primary vehicle for gaining awareness, it is directly applicable to disorders that arise from restricted or habitually poor movement. But as a process for gaining awareness, the system claims to expand a person's choices and responses to many aspects of life: emotions, relationships, and intellectual tasks; and it applies at any level, from severe disorder to highly professional performance. The Feldenkrais Method holds that there is no separation between mind

and body, and thus learning to move better can improve one's overall well-being on many levels. The Feldenkrais Method is often regarded as complementary medicine. However, Feldenkrais practitioners generally don't regard their work as "treatment" or "cure," because they are not working from the medical model. Instead of directly working a change to the physical body, they are working with the nervous system and enabling discovery of new choices.

Roc Your Soc

Hiking socks need to be able to perform several functions. They should insulate your feet against heat loss and extract moisture from the skin surface (this only works if you wear breathable shoes).

Unlike your jogging socks, your hiking socks should not be made of cotton. Cotton binds the moisture, and this may increase the friction and lead to nasty blisters. The classic material for hiking socks is pure wool. Particularly in winter,

this material is hard to beat interims of maintaining the thermal equilibrium of your feet. For hiking in the summer, synthetic materials are available. They make for cooler feet than their woolen colleagues.

"Only dead fish go with the flow." *Sarah Palin*

Club Trip Reports

COMMONWEALTH MOUNTAIN, 2210 m., June 7th

We planned to be out for a very long day, because we were expecting to travel on a lot of snow. The hot weather melted much of it off the road, which is mostly south facing. Nonetheless, it was a steady walk up the road to the old mine site, partly up the creek bed. Then we went down the dip in the ridge to the east side ridge of the mountain. There was some trepidation about crossing the next stream because walking on the snow, one never knows if the snow bridge will collapse. Other than the risk of hypothermia, a collapse would not result in much more than a really soaked foot. When to turn left is the only route-finding trick on this trip. One wants to get to the steep-ish NE slope without a lot of side-hill hiking.

Unlike a previous year's trip, the snow was fairly solid on the ascent up the ridge, so no shoveling-out-stuck-feet was required. Vicki replaced the summit register, while we waited for "the new guy" to make it to the top. He was very grateful for Bill McNally's guidance and patience.

The weather started to close in while on the summit. It snowed a bit, so we headed down. It was the most recent newsletter that reminded me that I'd forgotten to write this report, so talk of snow seems odd, now that the temperatures are exceeding 30°.

I've also forgotten how long it took us.

On the trip were Ross Bates, Vicki Hart, Bill McNally (who will write his reports in haiku), Diane Paolini, Terry Simpson, Jill Watson and the new guy, Mark Rojewski.

David Mitchell

THREE SISTERS

We parked 200 m before the Panther Lake trail head, located just off the Sheep Creek FSR near Salmo on a warm, sunny Saturday morning of **July 11th**. Avalanche debris prevented us from driving further. We started hiking at 8:30 am. Thankfully all the blowdown had been cleared out of the way up to Panther Lake. We saw lots of bear signs on the trail. We continued on past the lake on a less established trail to a pass

Mike got its first upgrade to a C3 as we descended to a col between the Middle and North Sisters since it required some tricky scrambling on one spot. The climb from the col to the North Sister looks very steep from the Middle Sister but it is actually quite easy. We reached our destination of the North Sister summit at 2:00 pm. After enjoying the view we headed back down to the col reuniting with one of the hikers we had left on the Middle Sister to take his time on the descent to the col. We then started the journey back to the vehicles via Three Sisters Lake and Gamble Creek. We stalled at the lake looking through the debris of an abandoned mining camp. The hike got another upgrade to a D3 during the bushwhack down the creek (oops!). We reached the vehicles at 6:00 pm.

We were Vicki Hart, Brandon Hughes, Ted Ibrahim, Ray Neumar, Colleen Rosenegger, Gene VanDyck, Mary Woodward, and me Shannon Naylor.

DENNIS MEADOWS, July 12th

[Inset picture: Bert Port photo]

This hike was originally scheduled to be Mt Inverness but Hicks FSR (the access to Alps Alturas) was blocked by a slide. The Ministry of Forests man I talked to said he "has no budget for clearing slides." So I changed the hike to Dennis Meadows which is just south of Alps Alturas.

The weather forecast and a B2 rating brought out a



large group of 16 fair weather hikers. We met in Rosebery at 9:00 but then the 45 min drive to the trail head turned into 90 min. The problem was a "Dennis Basin" sign (new brown post) placed at the start of a new logging road 1 km before the

usual access road. For some reason I thought that this was a new access road and maybe it was better... Several deep water bars on an increasingly rough road convinced me of my folly. The group was very forgiving and kept their stronger epithets to themselves.

We were all hiking by 10:45 and up in the alpine in an hour. We hiked the ridge south of the "pass" which has 3 high points over about 1.5 km. The views of familiar haunts were great and the south facing slopes had beautiful alpine flower

displays, so the pace was very relaxed. There were storms in the distance, but we were never threatened. We arrived back at the vehicles before 3:00

Thanks to all these people for contributing to a wonderful hike; Aaron Barrie, Hazel and Ed Beynon, Suzanne Blewett, Esther Brown, Emilee Fanjoy, Janis Gilbert, Eliane and Steve Miros, Sue and Bert Port, Caroline Shimek, Robin Sones, Wayne Thomas and Jill Watson.

Bill Sones

MT. SIWASH , July 15th

After meeting at the weigh scales in Castlegar, we headed up to the Bombi summit, encountering a deer at the turnoff onto Munson FSR. Although soft in a few spots from the previous day's rainstorm, the road was in good shape and we parked roughly 22km in at the low point in the road just below Siwash.

The trip through the brush (which was wet and higher than the last time) was mercifully short, and we very quickly gained the open ground up the ridgeline. The circular route was a very pleasant ramble up and down over seven small peaks which form the bowl above Glade Creek. We lunched atop Siwash (the 3rd peak in the ridge), where we discovered the summit register had been damaged and the contents a bit soggy. The last entry was from September 2008, and we added our names on a slip of paper to the others. A new register should go in with the next group.

After a leisurely six hours, we returned to the cars. The rock surfaces were still a little wet, and remnants of snowfall/hail from the previous evening could be seen in shady spots. The route can be done in five hours if the group is fast, but the views lend themselves to a more civilized pace. An uneventful drive back out the FSR ended at the highway with a glimpse of the same deer from that morning.

Participants were Don Harasym, Ted Ibrahim, Marilyn Miller, Eliane Miros, Kathleen Nichol, Pat Sheppard, Caroline Shimek, and coordinator Ross Bates.

peak baggers and also the hikers who are mostly interested in hiking the ridges and meadows.

Eleven of us arrived at Gwillim Lakes at noon after a 2½ hour hike up from the parking lot and immediately set up tents. After lunch we put forth our itinerary for the day. These are the peak baggers:

Bert Port – Black Prince Mt 8996 ft

Jen Kyler – Mt Gregorio 8547 ft

Lou Chioccarello – Trident Pk 8907

Vicki Hart & Suzanne Blewett – Lucifer 8944 ft

The hikers enjoyed hiking the meadows and ridges in the area.

From the summit of Lucifer Suzanne and I were able to spot Lou on Trident and Bert on Black Prince. Unfortunately Gregorio was too far in the distance and we were not able to spot Jen.

Needless to say at the Gwillim supper table there were many interesting stories to tell that evening.

On July 19th the peak baggers were up early and left camp for Mt Bor at 7:00 am and were on the summit of Bor (south) by 9:00 am.

Mt Bor (north) - Bert Port & Lou Chioccarello.

Once again the hikers enjoyed the meadows, ridges and alpine lakes.

The peak baggers were back in camp at approximately 2:00 pm. After food and tea, we packed up our gear and hiked down.

A splendid weekend with old friends and new friends. Gerda Lang and Ian Thompson hiked up with us for the day on Saturday.

We were: Suzanne Blewett, Lou Chioccarello, Karen Gibbs, Jen Kyler, Jocelyne Martin, Bert & Sue Port, Dominique Preney, Lisa Quattrocchi, Leah Zoobkoff, and the coordinator Vicki Hart.

The raging debate over out-of-bounds skiers

Several skiers and boarders have been removed from out-of-bounds areas at ski hills this winter, resulting in calls for new laws which would allow for these adventurers to be charged, fined and forced to pay for the rescue. "The issue gets into the heart of a debate that is decades-old, which is the extent that people should have access to the backcountry, and who should pay if those people need to be rescued." (Don) Bindon (president of the B.C. Search and Rescue Association) noted that people are not charged when they're rescued doing other activities, and if there is a new law then it needs to be fair and include all backcountry users." Read the full article from Whistler's Pique Newsmagazine at <https://admin.alpineclubofcanada.ca/link/to/932-70169-41-02>

Cascade Crest Trail?

"For rugged mountain scenery, the portion of the Pacific Crest National Scenic Trail between the Canadian border and Stevens Pass is the most spectacular long walking route in the nation. Undependable weather, late melting snow, and many ups and downs make it also one of the most difficult and strenuous."

Ira Spring and Harvey Manning in 101 Hikes In The North Cascades

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul alike. John Muir

Kootenay Mountaineering Club



Important Notes:

It is expected that each person on a club trip have the necessary skills, experience, fitness, and equipment. Each person is responsible for his or her own safety, for having suitable first aid supplies, and for confirming that his or her equipment is in good working order.

1. Coordinators are encouraged to screen participants for fitness, skills, and equipment, and to limit group size as appropriate.
2. All trip participants must call the trip coordinator a minimum of 48 hours in advance of trip departure.

Classification of Trips:

Physical: A-easy B-moderate C-strenuous D-very strenuous

Technical: 1-hike 2-scramble 3-scramble, perhaps with some exposure 4-climb 5-climb, continual belays

For more information, please phone the Summer Trips Chairperson, Vicki Hart 352-6145 or by email at vjoyhart@hotmail.com

REMINDERS: Mountain transportation is expensive – Share the costs. No dogs permitted on club trips.

KMC MEMBERSHIP 2711 Granite Road, Nelson, BC V1L 6V6 Single \$41.00, Couple/Family \$40.00 + \$6.00 insurance per person

Date	Destination	Rating	Coordinator	Phone	
August	1 Sat	Steed Hut Work Party	n/a		
	2 Sun				
	3 Mon				
	5 Wed				
	8 Sat				
	9 Sun	Mt Gimli	C3		
	12 Wed				
	15 Sat	MacBeth Icefield Trail	B1	Brandon Hughes	354-3178
	16 Sun				
	19 Wed	Nancy Green Lake Trail	A1		
	22 Sat	Snowcrest Mt	D2		
	23 Sun	Mt John Carter	C2		
	26 Wed				
	29 Sat	Mt Crawford	B3		
Sept	30 Sun	McKean Lakes/Mt Woden	C2		
	4Fri- to 7 Mon	Coven Lakes/Devils Range Backpacking trip	D3		
	5 Sat				
	6 Sun				
	7 Mon	Texas Peak	B2		
	9 Wed				
	12 Sat	Mt Brennan	D2		
	13 Sun	Keyhole/Esmeralda Peak	C2		
	16 Wed				
	19 Sat	TBA			
	20 Sun	Mt Paupo	B2		
	23 Wed				
	26 Sat	Columbia River Trail	B1		
	27 Sun	TBA	C?		
30 Wed					
Oct	3 Sat				
	4 Sun	Seven Summits Trail	D1		
	10Sat				
Nov	11Sun				
	11 Mon	Champion Lakes Trail	A1		

The following dates are still unfilled: October 12Mon, 17Sat, 18Sun, 24Sat, 25Sun, 31 Sat