The Kootenay Mountaineer

A Kootenay newsletter for people with year-round outdoor pursuits.

Fall Equinox, 2015

Message from the Editor

Many of the trip reports are simply the photographs of Phil Best and Rob Richardson. Trip leaders weren't greatly inspired to write reports this summer.

If you're not checking out the Trip Reports on the website "Town Square – Forums" area, you're missing many other good reports. As the website manager, I thank Nadine and Dan for their contributions. Go check them out it you haven't. Think about adding your own.

In the Hiking Camp reports, the Camp Two report follows the Camp Three report, even though they actually didn't occur in that order. I won't tell you which report barely squeaked in, but it was easier for me to preserve some formatting that way. They are all good reading.

Links

- How ticks became a major public health issue : *The Globe and Mail*
- Canada's Hardest Rock Climbs : *Gripped*
- Phil Best's Club Photos
- Rob Richardson's Club Photos
- Nadine Ebner's Flickr Page
- ACC Louise and Richard Guy Hut Dedication

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Article submission guidelines:

The newsletters is published 4 times a year, roughly in line with the solar seasons.

Plain text is great. No need for PDF or Microsoft Word files. Simply cut and paste your text into an email to newsletter@kootenarymountaineering.bc.ca. Attach your *full resolution photos* to the email. Lots of photos, please.

The Lepsoe Cabin



Picture taken September 16

Editor's Comment: The following report was distributed to the KMC executive on September 5th. As is obviously evident above, the cabin has come along marvellously.

Hi from the Mt. Lepsoe cabin project team.

A "what's up" report requested by Les Carter of the Friends of the Rossland Range Society.

Thanks to the full sponsorship and support of the Kootenay Mountaineering Club, volunteer KMC members and friends are building a timber frame cabin on the north face of Mt. Lepsoe (very difficult work site but what a view). We were also fortunate to receive donations and discounts from K2 Contracting Rossland, Hamill Creek Timber Homes, Maglio Building Center Trail, Chinook Scaffold and K & M Contracting Rossland.

Among our volunteers are timber framers, carpenters, engineers, designers and all around good hard working team members. So far we've had 20 individual volunteers with hours from conception to date totaling 1245. We have built the foundations, subfloor, finished floor, completed timber joinery, erected the timber frame and are currently doing the roofing. Over the next 2 - 3 weeks we will close in the cabin in, install the woodstove and chimney, apply cedar siding, build and stock a woodshed have a party and finally go skiing (it was snowing on site this past Friday, Sept 4th).

We have also received the outhouse which was donated by the Ministry of Forests, Recreation Sites and Trails Branch, and completed the installation.

Submitted by Dave Watson for the best crew ever assembled.

Progress!











Trip Reports

Toad Peak

Sunday, June 14, 2015 Work Party

I missed the June issue, so here is the club report for the next issue!

We band of merry clippers did meet and greet.
Off we set, clippers in hand
Rendering the brush asunder as we climbed
Toad Peak was enjoyed by all
Saying hi to the mudboggers as we recalled
Our great day of brushing had by all.

The trail is now well brushed. Access to the trail head is still a bit of a puzzle. One of these days, some new signs should be added to point the way.

We were:

Brenda Haley, Don Harasym, Ben Aubin, Griff Richards, Carole Masse, Angie Germaine, Evan McKenzie, Zuzanna Zach, Sharisse Kyle, Andrew Kyle, Peter Jordan, P'nina S, Kjell Bronson

Tail Gunner Teddy Ibrahim and Trip Leader Curt Nixon.

Da Boyz II

Mt Faith via Mt Hope



http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Fresh mountain air, nice breeze and bright flowers! Company wasn't bad either!

Phil Best with Guy Woods, Dave St. Denis, Frank Fodor, Chris Cowan, Glenn Keto and Keith Houghton

Mt. Shields

Ross "follow your nose" Bates led a bakers dozen up Mt Shields. Short, but a good one for a hot day with a little of everything! Thx Ross!



More evidence can be seen at

http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Happy Canada Day from Mt Crawford

A great day of stories, flag waving and sunshine!



http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Phil Best with Vicki Hart, Terry Turner, Judy Evans (1), Judy Evans (2) and Tom Sampson.

Slocan Chief Cabin and slightly beyond

July 5, 2015

It was a smokey day down in the trenches of Nelson.

The Sitkum creek fire had ignited only a day before, and the flames were roaring during the night before our hike. Folks were up into the wee hours of the night watching the orange hue across the lake scramble up the mountainside. Others, who planned to come on this hike had to cancel at the last minute due to just receiving an evacuation alert. Some folks weren't sure the air up in Kokanee Park would be breathable, so dropped out.

That left eleven brave and curious hikers to make it to the historic, museum like Slocan Chief Cabin. We got to the cabin after a couple of rest stops by about 10:30 am.

It turned out that the wind was blowing away from Kokanee Glacier Park, and the smoke from Sitkum Creek was blowing more toward Nelson. Our trip was crystal clear, with bright blue skyes, perfect temperature, and lots of mosquitoes. Some folks had never been on this hike before, so were very appreciative of the exquisite beauty. It was a relatively easy hike, with only about 550 meter elevation gain, but lots of kilometres.

After arriving at the Slocan Chief cabin, some went further to the Helen Dean Lake for some photo taking. We then retraced our steps to the Kokanee palatial resort cabin for our lunch stop, where we had a reprieve from the buzzing and biting of the mosquitoes.

We were a lively, humourous group, both young and old. Not necessarily in order of age, we were:

Tina Baldwin, Jan Osborne, Greg and Robin Sheppard, Jocelyn Martin, Ted Ibrahim, Hollis Carlton, Sandra Fuller (umbrella girl), Peter Martyn, Moritz Hadwiger (Mo) and P'nina Shames

John Carter

I had many hikers that wanted to go up into Kokanee Glacier Park to climb John Carter but in the end we were a group of eight. We started at the trailhead by Gibson Lake and wandered up the main trail to Kokanee Lake, which took an hour.



Our approach took us south from the main trail before it turned to skirt the lake. We found a number of small cols that led upward through mostly grassy flowered vegetation, a beautiful way to start a climb.

It has been very hot lately in the valley bottoms but once we got up to the rocky part of the mountainside we were greeted by welcome cool air. Midway up the ridge one of our party wanted to go slower or return early and there's where the radios worked well. We tested channels and felt comfortable that everyone was secure and in contact if need be.



The rest of our group continued up the ridge to the summit where we had lunch and chatted. We decided to wander down the same way as we came up. An end came to our wonderful wander about four o'clock back in the parking lot. Great camaraderie was had by all.

We were:

Phil Best, Peter Oostlander, Chris Cowan, Ray Neumar, Frank Fodor, Ken and Shawna Budyk and myself Dave St Denis

Photos: Phil Best

What do you do when your hike is cancelled?

You go for a walk in the rain at Kootenay Pass along Cornice and Wolfs Ridge to the Summit.



http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Alps Alturas

Another fun day in the mountains with KMC to Alps Alturas. Thanks Evan for organizing!



http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Dennis Creek

Rob said: Dennis creek was alive with flowers today.



https://richardsonphotography.smugmug.com/Dennis-Creek-2015/

Phil said: Howdy!

17 brave KMC souls defied the weather gods and were rewarded with a lovely warm and sunny day, light refreshing breezes and gorgeous flowers and views!

Thanks Rob and Terry for organizing!



http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Mt. Mackie

A few shots from a day to Mt Mackie. Thanks Caroline LaFace for organizing!



http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Mt. Loki

The time came for another July Mount Loki club hike. There was a lot of interest as usual in a Loki hike and in the end we were twelve hikers. This year we had all ages from ten years old to the upper sixties: Some experienced Loki hikers to guide through the upper part of the hike where the trail gets thin and some first timers who were very pleased to experience the joys of Loki. We used radios this year which came in handy when a couple hikers had to take that extra time to navigate the rocky parts of the hike.

We had sun but there was no part of the day that was overly hot, which was welcome given the warm temperatures close to the lake. The snow was very much reduced this year, we could really notice a change from last year due to the warm temperatures in the previous 8 weeks.

We had relaxing breaks and still made it back to the cars to make the 5:20 ferry.

We were Sandra England, Ross Bates, Peter Oostlander, Peter Martyn, Anne St Laurent, Etienne Pinard, Robin Sheppard, Jan Osborne, Leo Jansma Ken Kirkland, Betty Brousse, and hike coordinator Dave St Denis.

Evans Creek

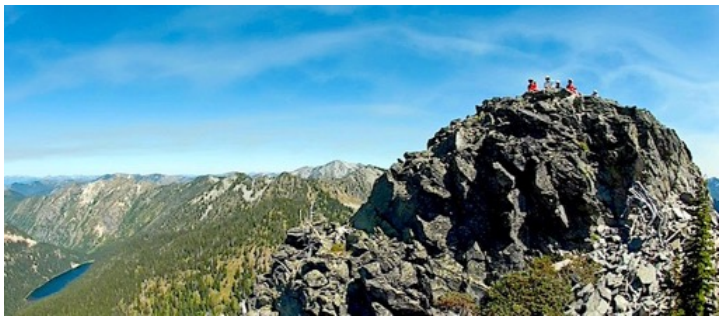
Got skunked by the weather for Reco and Mt. Payne so walked to Evans Creek with Vicki Hart and Bill McNally. Wet but fun. Finished off with a croissant at Fromi's Bakery!



http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Wolf's Peak

We all bled a little. But in the end Ross "Bushwhack" Bates led us (Don H., Jill W., Jenny B., Chris C. and Doug C.) to Wolf's Peak with glorious views overlooking Wolf and Waldie Lakes. The upside was that man eating bush, windfalls, and the steeps also include bountiful and plentiful huckleberries! Company was damn fine as well!



http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Mt. Payne

…via Mt. Reco and Mt. Suffering (I still think this should be an official peak).

Couldn't have asked for a better day with blue skies, light breeze, flowers, views and grande company!



Vicki H, Chris C. and David M.

http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/



Huckleberry House

Mt. Gimli

A variable weather day to Gimli for 11 hardy KMC souls; Thanks to Dave Grant for putting it together and leading.





Photos above by Dave Grant

Phil has more photos at:

http://www.bestphotos.ca/Events/Kootenay-Mountaineering-Club/

Silver Spray to Woodbury Traverse

August 12-14, 2015

Can you imagine anything more sublime than lounging with friends in an alpine meadow, by a pristine tarn, munching huckleberries, gazing at an awesome huge glacier? Just an hour from home? Ahhh...

Four intrepid hikers started early to try to avoid the sweltering heat on the ascent to Silver Spray cabin, but, alas, the sun was beating down in the burn, and reached 32 degrees by 10am. We sweated our way up the good-quality Silver Spray trail, fuelled by huckleberries along the way. We reached the cabin in reasonable time for a late lunch, to find it in excellent, clean condition, with no sign of the wood rats that can plague the area. We explored, Ken figured out the propane, Dave shot photos, and spotted 2 mountain nymphs at play in the nearby lake. After getting settled, we met Sara from Seattle, our cabin-mate for the night. We exchanged stories, and then tucked in early.



Andrea Vowell

The next day dawned clear and warm, and we made an early, 7:30am, start for the traverse, using an excellent map from Thiessen & Co. We hiked along the lower traverse route, past beautiful ridges, boulder fields, alpine lakes, wildflowers, and plenty of upturned rocks, but only one bear scat sign. We measured 30 degrees in an alpine bowl at lunch time. We had a relaxed pace with plenty of breaks to enjoy the spectacular views. The final push up the loose, scrabbly, shaley, dusty bowl to the col on Moonlight Peak was an exciting, slippery affair, and soon all were on top of the col with spectacular views of the Woodbury & Kokanee Glaciers, and our next cabin inviting us down for tea.



Dave Grant

Arriving at 3:00pm, we met a family of 4 just coming up the trail to spend the night with us. British imports from Canmore, AB, with kids 10 and 13 years old, their plan was to traverse in the opposite direction the

following day. We had lots of stories and info to share, and spent the evening doing cabin chores, cooking, and socializing. Surprisingly, no one could be persuaded for either an "a capella" sing along, nor Oh Hell! Go figure.

We woke early again on Day 3, and entertained a brief thought of climbing a nearby peak, but decided against it due to the weather forecast, and our feeling of satisfaction at having reached our primary objective. So we headed down the Woodbury Trail, our packs much lighter now, due to having consumed all the gourmet food we had brought (well, except Ken, who forgot his in the freezer!). The trail was much poorer quality on the Woodbury side, frequently getting lost in the tall grass and multiple streams eroding it. Lots of blowdown, brushy overgrowth, and (Oh!) huckleberries! After about an hour, the dark clouds rolled in over the mountains shrinking behind us, and thunder and lightning started. We only had to endure a light sprinkle, though, before the skies cleared again.

Emerging at the trail head with purple tongues and fingers, we met Gene and Bill's group, who had been chased out of their traverse plans due to the thunder and lightning. We exchanged stories, then headed home amid the thick forest fire smoke on the lake. A fine time out! Thank you to my awesome trip-mates!

Participants: Ken Holmes (Rossland); Andrea Vowell (Grand Forks); Dave Grant (Rossland), and myself, Linda Johannson (Nelson)

Gluten Free Huckleberry Scones

1/4 c. butter, melted
1 tbsp honey
1/4 tsp lemon juice
4 eggs
1/8 tsp salt
1/4 tsp baking powder

Mix that all up in a bowl, then slowly add 1.25oz (about 1/3 cup) sifted coconut flour, stirring constantly

It will look too runny, but don't add more flour. Just go do something for 15 min, when you come back it will look good

Then add 1/2 c (or more) fresh huckleberries, and stir gently

Drop as scones onto baking sheet, or put in large muffin cups to contain them. 400 degrees, check at 15 min. Done when they no longer look wet, and tops are starting to turn golden.

Mud on Marten

On August 16, 5 of us met at Rosebery at 7:30 am. We squeezed into Ross's SUV to endure the long and bumpy road to the trailhead. As usual, the Alps Alturis trail did not disappoint; it featured alpine views (which expanded as the fog lifted), a profusion of flowers and best of all- megahuckleberries!

At the trails end we worked our way east towards the south ridge of Marten. The final 200 vertical feet to the ridge are quite vertical, and I have never found an easy route, but it seemed especially daunting this time. The final obstacle before reaching the ridge was negotiating a narrow muddy ledge under a low overhang. It featured loose rock, no good handholds, a long fall if you slipped and did I mention the mud? When 2 of us made it through, the others wisely decided (after checking out an even scarier alternative), that life was too good to risk on this particular muddy ledge.

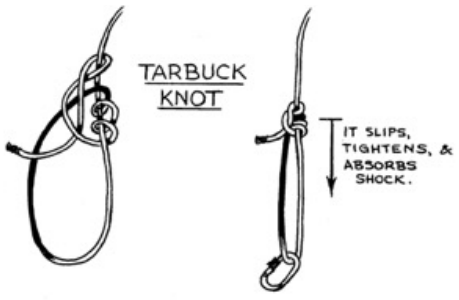
So not being overburdened with testosterone, we quickly agreed to abort the summit attempt and instead beat a dignified retreat. The wise 3 went down the up route and the 2 of us at the ridge took an alternate route down the SW face of Marten that is probably the route we should have gone up (although it has some steep scree which is easier going down than up). We should note that from the ridge we enjoyed wonderful clear views of all the familiar peaks including Loki.

During lunch, there was some idle chatter about bagging Dolly Varden but huckleberries and the 3 hour drive back to Castlegar were calling us.

At Ross's request, Mt Marten will now be rated (by me) as C3.5. This makes the climb about equally hazardous as driving on the road to get there.

Thanks to Ross Bates, Llewellyn Matthews, Steve Miros and Francois Miros for joining me.

Bill Sones



Mt Siwash.

September 7

18 of us assembled in Castlegar on a chilly cloudy morning on Labour Day for a trip along the ridges of Siwash, a distant alpine peak that beckons, intermittently, from downtown Castlegar. We packed into the available high clearance vehicles for the 23 km trip along the FSR from Bombi Summit.



A few club members had put in a few hours of brush clearing a few days previously (Thanks Don, Doug, and Ross) on a 1 km section where the alders had grown in thickly, so we made it safely, with cars unscratched, to the start of the horseshoe walk on the west side of Siwash.

We got a bit wet going through the initial cut block due to earlier showers, but the weather remained dry despite some cloud, which enveloped us as we reached the first summit on the ridge. Huckleberries were very few, unlike the last time we did this trip.



On we went, scrambling and panting over another summit and reached the main peak, mostly in cloud, but with a peek-a-boo view west now and again as the clouds occasionally parted. With a large group on an off trail hike, we needed an end person, I was thankful to Alan Shepard for doing an excellent job so I didn't have to worry about it. The cloud partly cleared mid-day, as we were midway along the ridge part of the hike, which made for some good pictures, as well as drier, and safer, conditions under foot.



There always seems to be a bit more scrambling on this hike than one recalls, making it feel like more strenuous than the 8 KM and only 2400 feet of ascent story that the GPS told. All in all, it's a great work-out, a little excitement, and lovely views, and everyone enjoyed themselves.



Participants. (all members)

Chris Cowan, Caroline Schimek, Phil Best, Vicki Hart, Don Harashym, Sherolyn Haakstad, Murray Bennett, Dave Brackett, Cindy Kozak Campbell, Angie Germaine, Kelly Toole, Fred Ricker, Al Sheppard, Pat Sheppard, Connie Parisotto, Thide Chau, Ted Ibrahim, Val Ugaren.

Camp One – July 18 – 25

I was a lucky guy. I'd been on the waiting list and got my "you're in" email a few days before camp. Yahoo! Good thing I'd already baked my 2 dozen cookies.

This was one of our easier drives to hiking camp. An early meal in Nakusp, and meeting up with some of the other campers. A quick ferry crossing at Galena Bay, and a short convoy trip to our helicopter landing spot on the Friday night. The socializing started there where we met all but Laurie and Sheila. L & S had insisted on one last stay in civilization at Revelstoke before joining us. Gutsy girls, after getting a low tire in the morning, they some how pumped it up, and booting it to the heli spot the next morning. Our pilot arrived early at 7:45 am with an AStar, c/w side basket, which meant lots of lift, and loads of room for gear. I was on the first flight in with leader Glenn Cameron and the rest of our campsite heli unloading crew. After seeing a number of very rugged mountains, we seemed to be too far north. A quick coordinate correction by the pilot, we were flying over Valley to the Moon and finding a campsite just outside the Monashee Provincial Park boundary. Typical for finding a good campsite: drinking water nearby for 3 camps, good tenting area, late sun if possible, easy access to hiking. Good job Glenn!



Pilot reprogramming GPS with Glenn's coordinates.



Ken directing gear delivery sling load.

Camp setup went quickly, and organized. Shady spot for the cooler, after evicting the first campers who also liked the spot. Main tents went up, and a tarp tied between them. This added tarp was to prove very useful with a few rainy periods. And of course, the biffy had a view. The door stayed open the whole week.



Biffy view

The flight and camp setup had been so early, we had lots of time for a hike to explore our water source up the valley.



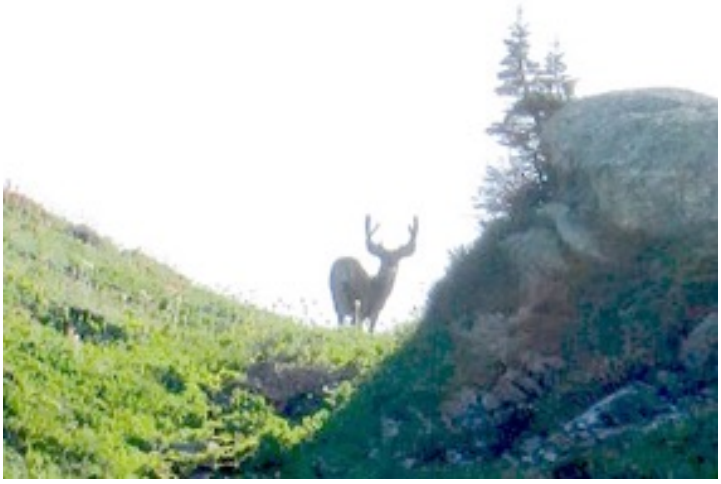


Our week went too fast, with good hiking to "Apex Mt." (directly north of camp, and south of Icebound Lake), ridges to the North-East, the South and the North-West of camp, 2 lakes below camp, Caribou Mt., Slate Mt., Peters Lake and Mt. Fosthall. Only Peter and Glenn made it to Fosthall, and did it in a quick 8 1/2 hours. Must have been the afternoon rain that quickened their pace.

The wild flowers seemed to be more advanced than other hiking camps, probably with the earlier Spring this year. Many hikers were keeping and comparing flower lists. For me, there's the white, red, pink, blue flowers, etc., but all very beautiful. Spectacular rock formations everywhere. Lots of quartz, garnets, mica and other metamorphic rocks. And wildlife. Deer, fat marmots, big goats, grizzly. Andrea and I came across a mother grizzly and her cub; we think they were looking for marmots above our campsite. They finally smelled us and took off up the far ridge, but it was a bit of excitement before we knew which way they were going. Andrea said "Dang (paraphrased), I left my bear spray at camp!", and I said "No problem, you just have to be faster than me." No worries, as the bears climbed that far ridge about 10 times faster than we could have, and were gone.



Sow and cub above camp and mule deer.



So why do we come to hiking camp in the first place? Well hiking is pretty important, but so is the socializing and food. Chef Jude provided the culinary entertainment, introducing each meal with zest, vigour, and enthusiasm. Colour cometary was part of her routine. After our 5:30 wine, she treated us to a wild description of her upcoming meal, dressed in her chef's white tunic, and wild arm articulations. It was great.







And of course her food preparations were delicious too!

Chris gave us his daily weather pronouncements. Laurie told us about her career change to art student; wow, big move. And Glenn wowed us with his tales of long distance cross country running. His next race this August from Keremeos to Manning Park, a 193 km brute of a run called the Mad Dog 120. Well Glenn, don't be surprised if your nick name next year is "Mad Dog". Lots of artists in our group, doing pen and ink, watercolour, pencil, zentangles and more. And lots of writers, poets and song smiths. Our Friday night get together included thanks to Glenn Cameron for his organized leadership, and a poem to our cook Jude by Ken Holmes.

ODE TO JUDE

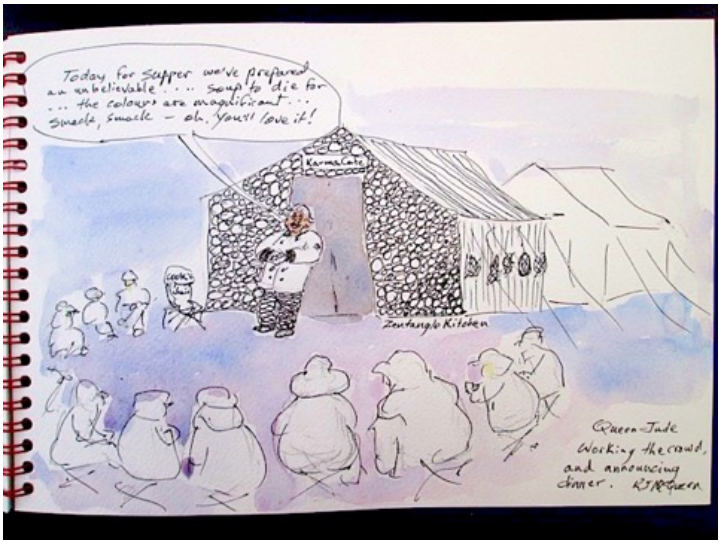
By whatever Karma, fate or luck,
We were blessed to have Jude as our hiking camp cook.
Treated each day to a scrumptious meal,
Which helped our tired bodies heal.
When she first appeared in her white smock,
That glorious sight was quite a shock.
Then, she glowingly described
Those tasty creations to be imbibed.
Whilst we went out each day to play,
Jude worked so hard to make our day
Begin and end with such fine taste.
But what's it doing to our waist?
Each night she emerged from "Karma Café"
With chosen words to make us laugh.
It made such a difference to our mood,
Thank you Jude for such great food.

Emilee compiled camp statistics:

- Age
  - Oldest 76
  - Youngest 53
  - Average age 65
- Number of years attending hiking camp
  - most 18 years,
  - least, four first timers, 20%
  - total of 129 weeks
- Two people have been camp leader
  - 10 and 7 years.
- Camp cook; 3 people
  - 3, 3, and 4 years.



Andrea painting mountains.





Sara leading us in her version of the 20 Days of Hiking Camp.
We were waiting in the rain for Camp 2 to arrive.
Totally warmed us up.
Thank you Sara!

Saturday was wet, and a good day to travel. Here's hoping Camp 2 got to dry out and have a fun week as well.

Eric Marks, our talented photographer, took this shot of us huddled under the tarp on our last Friday night.



Back row (l-r) Ken Holmes, Helen Foulger, Chris Cowan, Dan Popadynetz, Peter Tchir, Glenn Cameron (fearless leader)

Middle row (l-r) Andrea Vowell, Diane Paolini, Janice Isaac, Terry Simpson, Bobbie Maras, Laurie Helyer, Emilee Fanjoy

Front row (l-r) Bob McQueen, Rita Holmes, Sheila Sinke, Jude Stralak (executive chef), Sara Judith, Eric Marks, Marilyn Miller

Report by Bob McQueen



Camp 3 Valley of the Moon Report

Camp 3 really started on Friday evening at the end of a very hot day. Our group gathered on a narrow logging road high above the Arrow Lake to be greeted by a huge full moon rising over the Selkirk Mountains. Early the next morning the helicopter flew in and created a scene from Desert Storm with dust and wood chips in place of sand. Everyone found cedar bark blown into places where they hoped it wouldn`t bite, but it certainly was prickly. However this was all soon forgotten as we arrived in The Valley of the Moon, surely one of the most picturesque sites for hiking camp. By midday everyone was settled in and enjoying the hot sunshine. Come mid afternoon we had scattered in all directions, excited to have time for our first hike on arrival day.

Sunday dawned clear and blue. Many of us seized the chance to try reaching Mt. Fosthall while the weather was so settled. At least three groups set out before 8.00 am. The 330m descent to Peters Lake and the 400m climb back up to Cariboo Pass was challenge enough for many pairs of legs, but 6 of us made the last 3km to the summit. A large group of hikers was already there, about 20 from Margie Lake and a few from Sol Lodge. The register had over 30 signatures that day. The air was exceptionally clear. There were tremendous views, with heavily glaciated peaks in 4 directions, NW, NNE, NE and E. At least five mountain ranges were visible in all directions becoming fainter shades of blue with each wave of peaks.

On the way back at Cariboo Pass I overheard a conversation between two hikers sat on one of the many boulders studded with 2cm diameter garnets. "Why are people not hacking these out of the rocks?" "They are a semiprecious stone but around here they are all shattered by the metamorphic processes these rocks have suffered and do not keep their tetrahedral form." "I can understand that. I am shattered and cannot keep a tetrahedral form either." "It`s OK, we only have 9km to go – 15km under our belts already."

Back at camp everyone was so tired from their hikes we decided lunches for Monday should be made the next morning after breakfast. And that brings me to our camp cook, Dave St. Denis. Not only did he create excellent meals, and especially soups, the whole week, but he was totally supportive of as many wanna-be cooks in the tent with him as cared to volunteer. He was often heard to say "I like rules because I like breaking things", and he clearly demonstrated that too many cooks do not spoil the broth if he is at the helm.

He also showed us that peaks can be climbed in running shoes, and after summiting Slate Mt. he literally ran back down.



Fine weather continued on Tuesday and most of Wednesday during which we variously enjoyed climbing Humility Peak (=Apex Mt. on google), Slate Mt., Cariboo Mt., scrambling along Gates Ledge, strolling the ridge west of camp or the 3 to 5 Potatoes southeast of camp, visiting Margie Lake on a fishing trip and heading down the valley to the double waterfall dropping into Five Finger Lake. As people returned on Wednesday most were rained on when the edge of a large thunderstorm over Arrow Lake brushed by camp. This was followed by heavy rain overnight and we awoke to find ourselves in thick misty cloud. There was lots more rain moist (sic) of the day. Everyone`s tents received the damp of disapproval. We slept, read, played cards, created and consumed great meals, and survived more rain in the night.

As for wildlife, while there was evidence of large mammals around our camp from footprints, very few were seen. There were grizzly tracks below Fawn Lake and Cariboo tracks on the west ridge. One moose and two deer were actually sighted, and two friendly marmots lived downslope from the biffy. It was a pleasant surprise not to have ground squirrels raiding the tents. Two of us found a bear den on Gates Ledge. We were in an extremely steep avalanche chute dropping 130m to a bench above Ledge Creek. It proved impossible to down climb the chute but about 30m below the lip a large fir tree had arching roots under which the den entrance was sheltered. A mound of dirt and rocks spilled down the slope. As nothing was growing on this and because the 2.5m hole looked very fresh it seemed it must have been excavated and used last winter.

The highlight for wildlife was the abundance of birds, especially birds of prey. Red tail hawks and prairie falcons were positively identified. Down at the waterfalls Rob took a beautiful picture of a dipper feeding its four young. Their beaks were all agape at the entrance hole of a round nest of sphagnum moss. The nest was in a crevice just beyond the cascading water. Even the damsel fly in the beak of the adult could be seen in the photo.



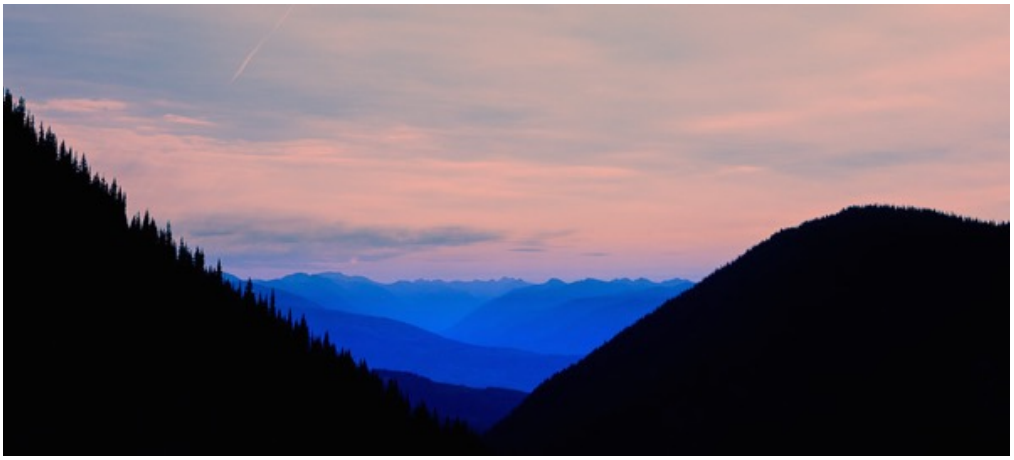
Our group stayed largely injury free, with two exceptions, one a swollen ankle and foot from a misstep into a ground squirrel

hole, and the other a back thrown out while using the biffy! While I will not identify these two unfortunate individuals I will call the second Larry for lack of a shorter name. It was politely suggested to him that, for the sake of his spine, in future he should try moving his hand to his backside rather than his backside to his hand at the end of biffy visits.



So this brings me to Friday, the last day in camp. It was once again sunny but no ambitious hikes were planned with the wet slippery conditions. Garry and I hiked to Humility Peak and spent three hours there rebuilding the cairn, enjoying lunch and taking in the views of Fosthall, Icebound Lake and the inaccessible peaks north of Gates Ledge, Gunnarson, Odin, Grady and Burnham, Thor, Stegosaurus Ridge and Niflheim. Suddenly and quietly surprising us, we turned around to see Peter McIver sat just behind us. A very good friend of his and longtime KMC member, Graham Kenyon, intended coming to this hiking camp but died earlier this year. Peter brought his ashes to scatter in this beautiful area, saying goodbye to him on Humility Peak, Gates Ledge, Valley of the Moon, Cariboo Basin and Fawn Lake

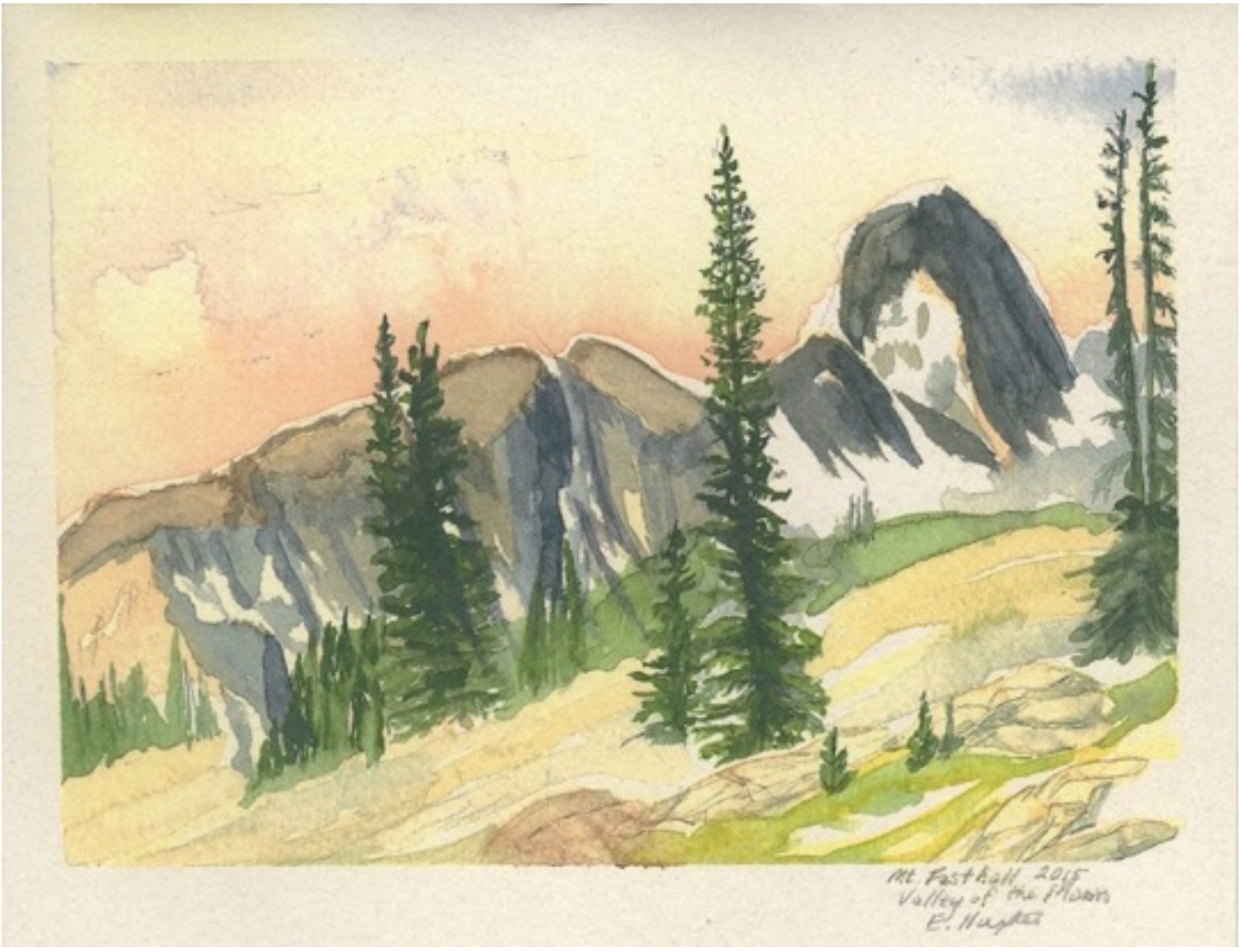
In the evening before dinner Rob set up to take the group photo and who should be missing but Larry. A chant started, Larrrieee, Larrrieee, and finally who should appear stepping, now lightly, across the sedges around the lake to make the picture perfect. Furthermore, after dinner, none other than Larry rose to thank the cook for the excellent meals all week. He then continued to hold the stage for 45 minutes. He addressed each camp member in turn humorously reminding us of their special contributions and idiosyncrasies. Example. Leo was summoned to the center of the circle and asked to bend on one knee as Larry knighted him with a hiking pole. “Arise Sir Smudge” (a reference to Leo`s ability to keep mosquitos away from the dinner circle with a hastily built smudge pot that smoked prodigiously all evening). Example. Mike, camp leader, very willing to lead from behind, and no matter how lost or confused was his group, he made sure they were always on schedule. At the end Larry had us all laughing and chanting Larrrieee, Larrrieee once again.



All photos by Rob Richardson



The Group



Mt Fosthall by Elizabeth Huxter
Story by Terry Huxter



KMC hiking Camp #2

Location: Valley Of the Moon near Monashee Provincial Park

GPS 50d 30.710, 118d 12.091, 6,715 ft. elevation

***Participants**: Brian Cooles (leader), Kata Polana (cook), Nancy Selwood, Louise Hammerich, Jocelyn Martin, Tom Braumandl, Hamish Mutch, Liz Krebbers, Eric Ackerman, Ross Scott, Laurie Charleton, Ron Perrier, Ed and Hazel Beynon, Chris and Helen Hatch, Wayne and Betty Hohn, Sharon and Terry Turner*

Following directions is not a man thing. The directions to the helicopter staging area proved to be a challenge for those who did not set vehicle odometers at the Shelter Bay ferry landing and could not see the "signs to Paint Lake". Happily, everyone arrived in time for rain, wind, fog and low cloud. A young moose ambled down the road after a curious pause to view the chickenwired vehicles. Jacque Auger, the pilot with Arrow Helicopters did an amazing job moving our camp gear and hikers safely to camp. There was little time to hug and listen to the stories of the wet, stinky rats from Camp #1.

The first task was to erect some of the tents under the tarp between the supply and cook tents and rush to a nearby campsite where they were pegged and stuffed with personal gear. Then it was time to sort the food, coolers and dig the new biffy hole. That night, minestrone soup never tasted so good !!!

Overnight we were treated to heavy rain and the following morning, frost and slush coated the tents. The cool rainy weather was a bonus - no bugs! There were short hikes to view the flowers, lakes and marvel at the metamorphic geology. Before dinner was served, our wine steward Eric, attired in a blue hair net and fake tuxedo quickly measured out our limit of 5 ounces of red or white liquid drug. Whipping the cream for dessert was always accompanied by rhythmic clapping and grunting chants.

Monday marked the start of a momentous occasion, Ed's birthday. We only sang "Happy Birthday" five times and Kata switched the numerical candles to make Ed feel 9 years years younger. Chicken curry and chocolate zuchinni cake added class to the party which was followed by a rap song that included everything that rhymed with "Ed" including "red, bed, bled, fed, shed" but not “dead".

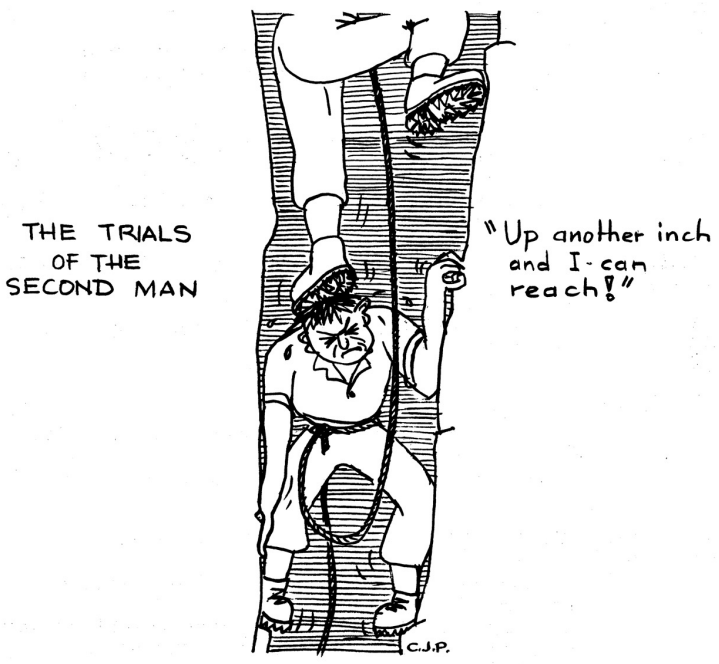
Later, Kata noticed a double rainbow that evening which marked the end of the rainy season. Earlier in the day, Brian discovered a large quartz crystal in the valley between "two potato and three potato peaks" which he wrapped in wire for Nancy to wear around her neck. Actually, it looked more like an Stone Age weapon This discovery started a "hiking rush" and on Tuesday. Hamish (historically known as "my-name-is mud") suggested some of us hide in the scrub and ambush those coming back with packs full of crystals.

Terry found a massive garnet vein and many others brought back impressive samples of leaverite with biotite (mica), garnet, feldspar and quartz. A golden eagle circled above the camp as the skies cleared and with the warming temperatures we welcomed the return of the horseflies and mosquitoes. That evening, Eric introduced the lawn darts. The crowd of stool sitters responded with oooz and aawes as some of the participants became very emotional and competative and had to be reminded it was only a game. Later on, Jocelyn played her ukulele while Tom and Eric hovered around the book to sing the lyrics of golden oldies such as "I walk the Line" by Johnny Cash, "Lemon Tree" by Peter, Paul and Mary and "Moon Shaddow" by Cat Stevens.

The warm weather allowed everyone the opportunity to visit Gates Ledge with dramatic views of Icebound Lake and many peaks including Odin, Stegosaur Ridge, and Gunnarsen. Favourite hiking destinations within Monashee Park were Fawn Lake, Mount Fosthall and the rusty peak between Slate and Cariboo. The visibility was exceptional with views of the Valhallas to the south and the Four Squatters ice field to the east. Southeast of the camp, the waterfalls at Four Finger Lake provided an exceptional landscape for painting and sketching. After both Hamish and Kata braved the pounding waters of the falls, it was aptly named Kata-Mutch Falls.

On Friday, some of the final chores such as food inventory and digging the biffy for Camp #3 were completed. That night, we witnessed the full moon and its reflection on the lake to the southeast of camp.

The tents were moisture free as we packed up early and enjoyed a 6:30am breakfast of coffee and muffins before the helicopter came about 8am. Everyone was back on the road by 10:30 and arrived in Shelter Bay in time for the noon ferry. Our last reminder of the area was the majestic enormity of Mount Thor as we headed south to Nakusp and the conclusion of another amazing KMC hiking camp.





Alpine Club of Canada Stockdale Group General Mountaineering Camp

The ACC GMC was the place to be, where the mountains and peaks rose from the sea.

Stockdale camp was located in a great place, where in camp it may have been wise to hold your ace.

Afternoons in camp were sent making new friends and relaxing, while we spent time telling stories and chillaxing.

The meals made in the kitchen by Verdell, Erica and Matt were grand, the only thing missing was a seven piece band.



At mountain school we had lots of practice, with ropes knots hitches crampons and ice axes.

The Take Stock trip has amazing views, of the Stockdale Glacier and the Bugaboos.

The gold nuggets we found were big as dice, turns out they weren't worth enough to buy ice.

From the summit of Eyebrow Peak you could see 360 degrees for miles, everyone who summited had big smiles.

On paper Birthday Peak looked like I should climb it, I said from the summit of Eyebrow I wouldn't try it.

The lake of the hanging glacier could be scene from the helicopter it's too bad we weren't able to stop there.

We used our crampons and ice axes to get to the summit of Wink Wink and Nudge Nudge, enjoying our lunch at the summit it would have been nice to have some fudge.

Behind the Nunatak was a big ice climbing wall, out top rope, belay and ice tools ensured we didn't fall.

Our guides were experienced, friendly and excellent teachers that cared, everyone in camp really appreciated what they shared.

Daniel J. Derby

The Email Dilemma

This is a bit of an editorial, leading up to the new guidelines for the club email list server formulated by the club executive.

First off, this is just me (your editor) spouting off. I enjoy the sharing of photos and stories very much.

Spout on…

It's the Kootenay Mountaineering ***Club***!

A community! Not homogenous, but eclectic. Highly varied. Experienced mountaineers to newbies, youngsters to middle aged to old(ish?)

... Wait! ... What? ... Who's old? Why haven't I met them yet…

A sense of community is an import part of membership in a group such as the KMC.

However, an email listserv is an atrocious way of participating socially in a community. Especially in a highly varied community. It works much better as a focused PSA (Public Service Announcement) medium. Initial messages for trip organisation, special announcements, and such things. Just like those who speak loudly on a cell phone in a coffee shop, replies to messages on the listserv sent to everybody makes for a lot of noise. "Reply All" is rarely needed.

The Club should have a clubhouse. Somewhere to talk about how good an outing was, where the pictures are, funny stories, rants and raves, somewhere where it is known that anyone attending is there because they want to hear what is being said. Blasting tidbits out to everyone, many of whom have no wish to hear it, isn't a great, shared, environment.

Social media? Facebook? A lot of people like it.

I should change the name the website "Town Square" to "KMC Clubhouse".

Yes, it involves a bit of effort, but very little effort. Making participants create an ID with a password is a defence mechanism, reducing spurious noise. Most web browsers will remember your password for you, as long as you're not using a computer at a library :-(

Suggested email guidelines follow. If your message doesn't fit the guidelines, please try one of the social media environments.

Spout off

Suggested Guidelines for Club email

The KMC Membership email list is intended for club functioning. It should be used for the following occasions:

By Trip Leader

- initial invitation for KMC trip, usually circulated 7-10 days in advance.
- announcements of rescheduling or cancellation.
- questions to the trip leader or final trip arrangements amoung participants are better made via private email.

By members

- if significant access issues are discovered on trails or access to trails.
- if, after expressing a concern to the executive, you feel that a community discussion is appropriate.

By Executive

- to advise of KMC functions.
- to request membership response to club positions/ projects/proposals.
- to advise on issues/concerns it deems sufficiently important that all members be informed.

Please consider whether or not there is an urgent reason to inform all members in response to any of the above. Otherwise 'reply' rather than 'reply all',

If a member believes an issue/concern warrants email distribution to the membership, ask the executive or make use of the available social media.

