



Kootenay Mountaineer

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Thrill seekers from around the world head to B.C. for heli-skiing

Operators are starting to break into a whole new market, with packages for less-experienced skiers:

As the helicopter moves out of view, silence surrounds the small group left on a remote glacial summit. Below them stretch kilometers of fresh powder, far from ski resorts where the runs are packed like highways on a long weekend.

"The sense of freedom is unbelievable," said Ted Ritota, a dentist from Del Ray Beach, Fla. "Being out in the open air, the wild adventure of it. I was hooked the first time I tried it" Ritota spends \$5,000 to \$7,000 every year for a week of heli-skiing, an adventure sport that comes with the serious risk of triggering or getting hit by an avalanche. Thrill-seekers from around

the world make the pilgrimage to British Columbia's backcountry, one of the few and best spots on the globe where heli-skiing is offered.

Lingering effects of a slump in the US economy are still hurting the ski business, but addicted heli-skiers have kept the sector afloat. In fact, new heli-ski companies open each year to keep up with demand.

Operators are starting to break into a whole new market, tailoring packages for the less experienced skier who wants to start with a small trip. And this year's stellar snow conditions are making it tough for the sports followers to stay away, despite the appreciation in the Canadian \$. There usually isn't this much powder on the mountain until mid-February and people want to get out there, said Rod Gibbons, manager of RK Heli-Skiing. "Pre-bookings are up over last year and we're off to a terrific start"

Traditionally, heli-skiing has only been offered in weeklong packages that start at about \$5 000 per person. Gibbons, however, does day trips for newbies starting at \$655. His guides have scouted runs suited for intermediate-level skiers, making the sport an option for more than just the elite athletes who started it. The banner on his Web site promises you don't have to be an expert. That means he spends a lot of time calming down people who are rattled by their first helicopter ride and flying down a mountain in deep snow. "People always like to believe the best of themselves and their ability, and sometimes that doesn't match up to reality," said Gibbons. "Deep powder is a lot more difficult to maneuver in, but we try to get them to relax and put things in perspective while we help them with technique." The fear factor is a big part of the appeal of heli-skiing, he said. "For the more timid, intermediate skier, there's no bigger thrill than to have them come back so excited that they did this, they really can do this."

Thrills in the backcountry can quickly turn chilling. Both Ritota and Nigel Woods, an avid heli-skier who lives in Whistler have been caught in an avalanche while whipping down the mountains. "I basically caught hold of a tree and managed

to pull myself out," said Ritota. He said he would not have been hit if he had stayed with his guide and the group. Now he pays strict attention to guides, who have extensive training in the science of shifting snow packs.

The Canadian Avalanche Association says more and more heli-skiers are hurt in slides. In 2003, 18 skiers were either injured or killed in avalanches in Canada, up from 10 in 2002 and five in 2001.

Woods, a 52-year old construction worker said his biggest scare happened his first time out in 1977. He was a ski instructor at the time and felt he knew how to handle the mountain, but admitted he had no idea what to expect. "The first couple of runs scared me to death," said Woods. "I was on steep bare ice, a glacier. I slipped and slid about 1000 vertical feet."

But like a typical heli-skier, he likes to push the limits and quickly became addicted to the rush.

Four operators round out such exhilarating days with massage, gourmet food and fine wine served in remote lodges with spectacular views of the backcountry. Canadian Mountain Holidays, the company that claims to have invented the sport in 1965 and accounts for 70% of Canada's heli-ski businesses just unveiled a renovation of one of their many \$10-million lodges. Spokesman Marty Von Neudegg said the company is continually offering some new luxury for its clients, most of who are over 50, well heeled and well traveled. It offers photography workshops, for example, and lessons to help skiers hone their skills and get more out of their heli-skiing trip.

The Bugaboos Lodge, nestled in the Purcell mountain range, now offers a rooftop spa complete with massage rooms, sauna, steam room and outdoor whirlpool with views of the great monoliths of the Bugaboos and glaciers that swirl below them. There is also a wide range of heli-ski packages catering to those looking for a more rustic and less expensive experience.

By Amy Carmicheal, Associated Press, in The Vancouver Sun, Jan 12, 2004

“We need to relook at what has happened to high risk activities over the last quarter of the 20th century. In our efforts to provide programs, create new markets and promote high risk sports, we have gradually come to a point where we have over-glamorized them and created an image for general consumption that is far different than what these activities really are. We have diverted people's attention from the not-so-glamorous possibility that one can get killed, concentrating attentions only on the fun and safe side of the dangerous edge. It is a mendacious, one-side view that has pervaded nearly every corner of our society: magazines, television programs, commercials, movies, outdoor education programs, and guided and outfitted trips. The effect has been to make the high-risk experience into something akin to a visit to Disneyland or the carnival. There's a big difference. At Disneyland everything is safe. Not so in the outdoors.”

Ron Watters

Interview With a Ski Bum

The editor of Backpackers News called me up with a problem. She was doing a piece on "Snowchasers" and was having a hard time tracking down a "true ski bum" to interview. Luckily, I know one very well. My son, Coby has been chasing snow from Alaska to Whistler from November to April for the last four years. He and his friends are renting a house in Pemberton this year, but I even have a hard time tracking him down. The conditions in Whistler are 'less than perfect' and he's off on another chase, according to one of his housemates. The 'snow' this week is the 'surf' in Sooke. I imagine he's sleeping in his Honda Civic this week on the beach.

Coby has been skiing since he was three years old and has pretty much been on a quest to spend his winters in the greatest of style since. The last time he worked during the winter was at Skiing Louise when he was 19 and I think that's what really got him started on this search for snow. He's 24 now and has spent winters in Fernie, Alaska and Whistler. Fortunately he has a great paying summer seasonal job and can afford to take the winter off, sort of.

According to Coby you must budget your money accordingly. After saving money all summer the first thing you do is buy the early bird ski pass at your hill of choice, buy all the gear you need (this should be the best you can get and a couple of sets) For example, Coby has two pair of high end

skis, boots, climbing skins, avalanche transceiver, shovel and probe, the best technical jacket and pants you can buy, awesome gloves and mitts, great quick drying base layers, a helmet, goggles, and a bunch of really goofy toques. As for casual wear -don't bother cause you can't afford to go out, ever.

Next, rent a house with as many other ski bums as you can and post date all your cheques for the winter so you know that's covered (actually the landlord insisted). Make sure one person in the house has a car. Do not buy furniture or other household stuff. Your parents can supply that. A mattress and sleeping bag are adequate if you don't have parents. Take as many board games as you can from each parent's home. Remember you can't afford to go out anywhere after skiing. Make sure your food budget includes beer and get as much rice and pasta and tomato sauce in to keep you full.

At Christmas you can save a bit of money by going home for about three weeks (Whistler is too busy anyway). Eat lots while home, stash food from the cupboards in your bag, go grocery shopping with your mom just before you leave and tell her you'll pay for the stuff you're putting in the cart at the check-out (she always gives in and pays for your food). And then, stop at every food bank on the way back to your other home.

To keep **fit** and avoid those annoying fees they charge at the gym make sure you go ski touring at least three times a week. Plus, you get the best powder for free! Make sure you paid off your credit cards before you got laid off your job. You'll need to use them by March cause you'll be out of money and driving to Alaska to spring ski.

Enough about money! Coby and his friends say it's the lifestyle that counts. Each day a true ski bum gets up at 6am and is out the door by 7 for first tracks. Otherwise you're just considered a regular bum. They go to the most extreme places they can find and ski until dark. Whistler/Blackcomb has so much terrain and backcountry access that Coby and his friends have yet to try it all. This year they have found backcountry cabins and countless runs just off the Duffy Lake Road.

For a change of scenery they will go anywhere anyone suggests as long as the snow is fresh and deep. When it's raining to the top of the mountain they play scrabble or cook. I know this because I've had collect phone calls in the middle of the

day with questions like..."is narc a word?" or "how do you make that Caesar salad dressing, mom?"

Oh, the life of a ski bum, I think I'll be one when I grow up.

By Kym Putnam in Backpackers News, Feb. 2004. Vol. 5

Slocan Valley

Backcountry Access Society

Originally formed in regard to concerns over cat skiing in the Airy Mtn area, this group now serves as an official voice for unorganized backcountry users in the Slocan Valley. Its primary concern is with the large amount of tenure applications that may limit public access to the mountains. This group of traditional recreationalists wants to preserve and protect local areas for use by present and future generations Wren McElroy 226-6960 is their contact person.

Friends Of West Kootenay Parks

The Society's work in area parks continues in the face of mounting pressure on funding for BC Parks. As a cooperating society working with BC Parks, we have been very disturbed by the lack of a vision for the parks system, outside of the obvious, that governments present and past have continually eroded the resources needed to manage and protect these public assets. Because they are a **public** asset, something that each of us has a stake in. The provincial parks system is a net generator of income to the province as users from down the street and across the world come to experience the recreational opportunities provided in our parks. If we don't maintain and protect the values that our visitors seek, we risk a long-term degradation of the parks system that will make it less attractive to us all and less viable as a reservoir of protected ecosystems.

The Friends of West Kootenay Parks are seeking input from our members and supporters on ways to inform our policy makers and park users of the inherent values of our public resource and make the case for increased funding for BC Parks. Please write to us at Box 212, Nelson BC, V1L 5P9 or send an email to fwkp@kics.bc.ca. We look forward to hearing from you.

To learn more about The Friends of West Kootenay Parks visit their website at www.slocanchief.ca

VALHALLA PARK DRAFT MASTER PLAN OPEN HOUSES

The Ministry of Water, Land and Air Protection's spokesman Greg Chin has informed the KMC that it is hosting two Open Houses to obtain public input on the new Valhalla Park Draft Master Plan. Here is the schedule:

➤ **Wednesday, Feb. 9th** Knox Hall, 521-6th, **New Denver**, 6:30 pm to 9:00 pm

➤ **Thursday, Feb. 10th** Seminar Room, Nelson & District Chamber of Commerce, 225 Hall St., **Nelson**, 6:30 pm to 9:00 pm

Any questions may be directed to MWLAP's offices in Cranbrook: (250) 489-8540.

For links leading to the Draft Master plan, consult the following:

http://wlapwww.gov.bc.ca/bcparks/planning/mgmtplns/valhalla/valhalla_mp.htm

The KMC has had considerable input into this revised plan, so come out to see the future of our park.

Kim Kratky

The Pill Strengthens Knee Ligaments

A team of McGill University researchers has found that female oral contraceptives- which contain small doses of the hormones estrogen and progesterone- inadvertently strengthen the ligaments of women's knees. The study was published in the Clinical Journal of Sports Medicine. Women are 4 to 8 times more likely than men to sustain a severe knee injury.

Using an instrument called an antrhometer, the researchers applied 20 to 30 pounds of pressure on the shinbones, pulling them forward on the femur, the bone extending from the hip to the knee. They discovered the knees of women on the pill moved about 3.5 mm compared with a dislocation of 5mm for the non-pill group.

This means that those who aren't on the pill have more "ligamentous laxity", so are more prone to injury.

The study was done after research by other scientists who suggested the cells in knee ligaments, fibroblasts, have receptors tailor-made for the two hormones. How and why these hormones strengthen the ligaments is still a mystery.

Aaron Derfel in the Montreal Gazette via The Vancouver Sun, Nov 16, 2004.

And, If The Pill's Not For You, Do Squats

Squats, when performed correctly and with appropriate supervision, are not only safe, but may be a significant deterrent to knee injuries.

"Many exercisers however complain that squats kill their knees. The problem is many people initially squat too deeply, perform too many reps or lift too much weight.

So, to ensure squats are user-friendly, follow appropriate progressions. Begin with just mini-squats (bending only a few inches), with no weight and perform only 8 to 10 reps. Once this gets easy, slowly progress into deeper squats with added resistance.

Poor technique can also be a culprit. When squatting, ensure that your body weight is equally distributed on all four corners of your

feet- this will help to keep your knees aligned correctly. Start by standing with your feet about shoulder-width apart. Contract your abdominals, pressing your chest out and up, and your shoulders back and down. Slowly squat backwards while keeping your kneecaps pointing forward (don't let your knees collapse inwards). Keep your weight equally distributed on all four corners of your feet- avoid allowing your arches to collapse inwards. Lower to a comfortable position. You'll notice that your upper body will come forward slightly while your buttocks travel backwards. Now slowly extend back up. Perform a set of 8-15 reps."

By Sherri McMillan M.Sc. in The Province, Nov. 15, 2004

A novel study of hikers in the Alps made the intriguing discovery that different types of exercise had different effects on fats and sugars in the blood. Dr. Heinz Drexel of the Academic Teaching Hospital of Feldkirch Austria presented his groups research at a recent American Heart Association Conference. Going uphill cleared fats from the blood faster (improving levels of fats called triglycerides), going downhill reduced blood sugar more (improving glucose tolerance), and either way lowered bad chloesterol.

Hiking uphill is a concentric exercise, where muscles are shortened, which happens when you bend your arm or step upward. Going downhill is eccentric muscle work, such as extending your arm or actively resisting stretching, which happens when you step down.

This article is by Marilyn Marchione, Associated Press, in The Province, Jan.12, 2005

"No amount of training, regulation or even cultural change can completely eliminate the danger of being in an uncontrolled environment. But by creating standards of conduct and, just as importantly, identifying the many factors that lead to accidents, we can move in the right direction." *BCWCB*

Galloping Goose is Why Victoria is the Cycling Capital

By Dirk Meissner Canadian Press

VICTORIA - Salty ocean air tingles the cheeks with every gust of wind. Thick forest suddenly gives way to a tiny pasture, where deer graze in the late afternoon. A car ferry announces its leaving Victoria's Inner Harbour with a blast of its horn. Southern Vancouver Island has it all - a combination of urban, rural and natural, with a few curve balls tossed into the mix just to keep things interesting. Threading through it all is the Galloping Goose Trail and the adjoining Lochside Trail, a cyclist's paradise. The trails are easy, free and invigorating.

The 60-km Galloping Goose Trail is named after a gawky and noisy gas-powered rail car that carried passengers between Victoria and Sooke, west of the city, in the 1920s. In the late 1980s, the rail bed of the former Canadian National Railway line was converted to a regional bike trail system. The Galloping Goose, part of the Trans-Canada trail system, is widely used in the Victoria area by local residents as a commuter and recreation route. Victoria calls itself the cycling capital of Canada, citing its 7,000 daily bike commuters. It's not uncommon to see young children practicing their first cycling skills on the trail and horses are welcome, too.

The trail gives riders a glimpse of every type of landscape on southern Vancouver Island. Though signs of a changing downtown Victoria dominate the southern view, the immediate environs are mostly tranquil, with lush poplars, willows and maples pushing to the shoreline and softening the urban landscape. From Victoria, the trail heads over the Selkirk Rail trestle to back roads leading to suburban Saanich. Then it cuts through the western communities of View, Royal, Langford and Colwood.

Ferns, shrubs and rock outcrops shield cyclists from much of the concrete and the rush-hour crawl. There are places to rest and enjoy a picnic, or stop at a variety of coffee shops, restaurants and neighbourhood pubs. At rural Metchosin, the trail meanders past small farms surrounded by hills. Steep, rocky slopes march down to the trail side. There are about a dozen bed and breakfasts that cater to Galloping Goose cyclists. An overnight stay averages \$95 to \$125.

Anne Sheridan, who runs a bike and in-line skate rental shop near the downtown start of the trail, says she's noticed tourists taking short afternoon trips as opposed to the full trail ride to Sooke. "The trail's a really easy ride", she said. "It's flat. Most people do it very comfortably".

On the web: www.crd.bc.ca/parks/galloping_goose.htm.

From *The Province*, Tues, July 20, 2004, p.A28

EARTH DAY CANADA

April celebrations are at

<http://www.earthday.ca/EDy2k/Home/homefrm1.html>

Many of us consider ourselves fairly "green". Yet when we calculate our Ecological Footprint, we're surprised to discover it is huge. Take the individual quiz at: <http://www.myfootprint.org/>

Access - B.C. Snowmobile Federation

There is a multitude of reasons for some interests to say that our sport shouldn't be in certain areas- there is some truth in sensitive areas and in some wildlife habitat- not all, however are true. Mixed in all this access management, there is self-interest and at times, prejudice against a lifestyle- a lifestyle that enjoys the backcountry and uses a motorized vehicle to get there. Because we use a motorized vehicle to enjoy our activity, it does not make our experience any less worthy than that of others. When there is clear discrimination against use of snowmobiles, we can't continue to say, "oh well, there goes another area." If there is no visible and/or logical justification for access management closures, we have to stand up and demand why- it's just not good enough to say we might have an impact or, our activity doesn't belong.

By Pat Whiteway, Executive Director of the B.C. Snowmobile Federation in *SnoRiders West*, Fall 2004.

Library News: New and Old Classics

I'm not really sure there is such a thing as a "new classic", but thanks to an anonymous donation, the KMC library has one of the old classics - Tilman's "Ice With Everything" - an account of the legendary British explorers sailing adventures in the ice locked waters of Greenland. And, a copy of a "new classic" Jon Krakauer's "Into Thin Air" - the first published account of the 1996 Everest disaster (some may say debacle). Both make great winter reading.

New books in the KMC library (by anonymous donation):

- o M. Lamb (1965). Colorado High Country
- o J.E. Murphy (1990). South to the Pole by Ski
- o W. Noyce (1958) The Springs of Adventure
- o L. & M. Milne (1962). The Mountains
- o N. Nicolson (1975). The Himalayas
- o W. R. Gray (1975). The Pacific Crest Trail
- o R. L. Breeden (1980). America's Magnificent Mountains
- o M. Stroud (1994). Shadows on the Wasteland
- o M. Broze (1978). Freestyle Skiing
- o H. Tilman (1974). Ice with Everything
- o J. Krakauer (1997). Into Thin Air
- o R. Breeden (1973). The Alps
- o F. Knapp. 200 Select Classic Shelf Road Climbs
- o E. Johnson & R. Cordone (1986). Pinnacles Guide
- o W. Starr (1970). Starr's Guide to the John Muir Trail
- o J. Sanday (1989). The Kathmandu Valley: Jewel of the Kingdom of Nepal
- o D. & B. Tatreau (1973). The Parks of British Columbia
- o E. Bowen (1972). The High Sierra
- o B. Walker (1973). The Great Divide
- o R. Williams (1974). The Cascades

The entire library collection is on the web at <http://www.kootenaymountaineering.bc.ca/library.html>

But I'm NOT A Mountain Guide: The KMC Winter Leaders Workshop

Planning a trip, screening trip participants, managing group travel in avalanche terrain, organizing multiple victim rescues after an avalanche plus a host of other topics were covered during the KMC Leadership Workshop on **November 27th, 2004**. Nineteen KMC members participated in the workshop and all deserve commendation for making the day a great success by bringing along their stories of previous trips and ideas on how to improve leadership within the KMC. Our special thanks to Howie Ridge, who kindly stepped forward at short notice, and taught avalanche beacon searching 101 to a group of willing learners.

One of the comments from a KMC member that stuck with me after the workshop was (loosely paraphrased): "I thought about all the skills I should have that were presented at the workshop and thought, 'I don't have time to learn all that – maybe I shouldn't lead trips'." However, a multitude of technical skills are not required to lead a club trip that is safe and enjoyable for both the leader and the participants. In fact, the most important skills for any trip leader are ones that are not technical at all – simply the ability to make some basic trip plans and to communicate those trip plans to people interested in your trip.

First, pick a trip that is within your own physical and technical abilities. If you are keen on skiing up Clearwater Creek and over Huckleberry Pass to Ymir Creek, you don't need to be able to organize a multiple avalanche victim rescue or competently ski 45° slopes. However, if you want to traverse the Nelson Range from Stagleap Provincial Park to Ymir Mountain, these skills may well be indispensable. Then, spend 15 minutes with a topographic map (possibly a guidebook) and a piece of paper. Work out how long you expect the trip to take (allow extra time for participants that may travel at a slower pace than you), what fitness, skill level and equipment your participants need – this may be as simple as lunch, some warm clothes and snowshoes, or as complex as glacier travel gear and the ability to set up crevasse rescue systems.

Then, think about your own expectations for the trip. Do you expect the group to stay together for the entire day? Or are you comfortable with multiple small groups going at different paces? Do you have a fixed objective that you must absolutely reach for this trip to be a success? Or do you consider any day out on the trails a success regardless of whether a summit is reached? What is the maximum group size for this trip? Don't be afraid to start a waiting list when you reach this number. Finally, but most importantly, let all the people interested in your trip know exactly what your trip entails and what your expectations of the trip are. That way, when the hares start to take off leaving the turtles behind, you can remind them that prior to the trip everyone agreed that the group would be sticking together.

Organizers/Presenters: Doug Brown, Sandra McGuinness.

Participants: Vivien Bowers, David Cunningham, Maurice De St Jorre, Della Fenkner, Dave Grant, Don Harasym, Janice Isaac, Tom Johnston, Kim Kratky, Murray Lashmar, Ray Neumar, Murielle and Roland Perrin, Carol Postanyk, Howie Ridge, Nancy Selwood, Peter Tchir, Alex Walker, Jim Wood.

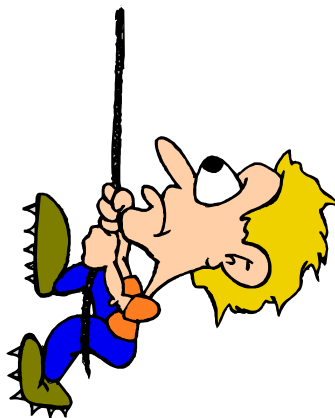
Report by Sandra McGuinness

Activities Report

Winter - It's Enough to Get you Climbing the Walls: The KMC at Gravity Climbing Centre

Dates: 13 and 24 November 2004, 2 and 15 December 2004, and 14 January 2005.

Where else can rock rats go to climb in winter but Gravity Climbing Centre in Nelson? The climbing gym has top-rope and lead climbing walls, a forearm killing bouldering cave, and enough of those scrawny prepubescent gym rats swarming up overhanging 5.15 sketched out



routes to ensure you're not bored while belaying your buddy up the modest 5.3 route in the corner.

The KMC climbing nights at the gym have been well attended with a range of climbers from first timers like Leah, to those who climb like first timers – me, up to those who've been climbing since they shed diapers, like Hamish. After numerous demonstrations by one of the afore mentioned prepubescent gym rats, Doug finally made the initial 5.9 move on "Find Your Balance", and Leah, with no demonstration pulled up the overhang on one of the corner routes. Chris, who has only recently begun climbing, impressed us all with repeated climbs of the overhanging routes without his arms burning out.

Climbing nights will continue through to March or April (depending on the weather) so come out learn some new skills, refresh your old skills, or just plain marvel at what the gym rats can do.

Participants: Doug Brown, Chris Charlwood, Dave Grant, Sandra McGuinness, Hamish Mutch, Brad Steele, Leah Zoobkoff.

Sandra McGuinness, coordinator.

Club Trip Reports

Only Masochists Need Apply: A Hike/Snowshoe to the Top of Slocan Ridge, November 21

When Doug and I came to Nelson, we thought it important to stay active, and to this end, set ourselves a goal of climbing all the peaks in the West Kootenays. However, after spending most of the summer side-tracked climbing peaks in the Purcells (the EAST Kootenays) it seemed prudent to begin shortening the somewhat lengthy list of peaks left to climb (somewhere near 175 – roughly), so I put a snowshoe trip to the top of Slocan Ridge on the KMC schedule, and figured I could tick one more peak off the list at a time of year when it's difficult to get peaks. However, hiking to the top of Slocan Ridge from Lake level is no small endeavour so my trip posting on the club email began with the somewhat discouraging statement that "only masochists should continue reading."

Despite the daunting distance and elevation gain required on this trip (1,500 metres and 25 km), I had four enquiries, and two foolhardy folk actually signed up to come! So, 7 am on November 21 found three of us (Leah Zoobkoff, John Bargh, and myself) parked at South Slocan village in anticipation of the day's adventure.

Snow cover at the start of the trip (500 metres) was minimal so we set off walking with our snowshoes strapped to our packs. Ascending to the high point of Slocan Ridge requires nothing more than perseverance as there is a microwave tower road leading all the way to the top. We plugged away steadily all day, having short snack breaks only, and, aided by the tracks of an ATV, we set a steady pace to about 1700 metres, where we were finally forced to put on snowshoes.

Trail breaking over the final four to five kilometres and 300 metres was modest and at 12 noon we reached the microwave towers and buildings at the top of Slocan Ridge. A very quick bite to eat, and we turned around and began plodding back down again. We made it back to our vehicles by 3.30 pm, with a half an hour to spare before darkness. Thanks to John and Leah for their excellent company on this trip and for willingly enduring this forced march. Astute readers will notice that Doug did not accompany me on this trip and thus has roughly 176 peaks left.

Sandra McGuinness, coordinator.

Plewman Basin, aka The Turkey Burner, December 26

Well, the snow came at the right time for this trip. The Christmas day snowfall was ending as we arrived at the Hanna Creek parking lot at 0830.

After introductions, we set off for Plewman Basin at 0840. Our route took us up the Old Glory Trail into Plewman Basin, once we were in the basin, we headed north, to gain the ridge about 1 km east of Plewman (6950'). We didn't have the confidence in the snow pack to go further into the basin as there was about 30 cm of fresh snow on top of a crust. From here, we did between 2 - 4 runs. The conditions were quite good, the 30 cm of light snow on top of a crust was quite delightful. We were all back at the cars by 1500 hours.

Did we burn the turkey?...Of course, here is the calculation.

14 people @ 80kg each = 1120 kg of people (weight of skis and packs included) x 6 (a factor for low intensity long duration exercise = 6720 calories burned per hour by the group. We were actively going up for say 4 hours in total, so 6720 x 4 = 26 880 calories burned in total.

I think turkey is about 3 cal/g, so 1 kg of turkey would be about 3000 calories. So, 26 880/3000 = a 9 kg turkey (without bones), so collectively we used up 9 kg of turkey. This of course left room for leftovers that night.

The fourteen of us with turkey & gravy on our breaths were: D Boyer, E Fanjoy, friend of Andy Holmes, K & A Holmes, K Kratky, L Mathews, K Penny, R Perrin, B & A Port, D Roberts, E White, and F Thiessen (coordinator & reporter).

Porkypine Villa snowshoe trip. January 15

Twelve people made the trip. The parking area hadn't been plowed so we parked on the highway at the entrance to Mitchener Creek FSR. We kept left at the first junction and right at the second junction to go up the "flying mile" hill, continuing to where we could see the mountains across Arrow Lake. We then turned left off the old road and climbed to the low ridge which we followed back to the cabin arriving there about 12:30 or two hours after we left the parking area. A fire was lit and lunches were enjoyed in the cabin. From the cabin we went directly back to the old road and were back at the vehicles in less than 1½ hour. Participants were Dave Adams, Renata Belczyk, John Golik, Brenda Johnson, Tom Johnston, Charlene MacRae, Bobbie Maras, Andrew Martin, Nell Plotnikoff, Bess Schuurman.

Hazel Kirkwood & Ed Beynon coordinators.

Other Trip Reports

Talking Turkey, May 2004

Malatya to Ayder – 9 busses – 22 hours – Shoot me please. The final leg of this brutal trip leaves from the dreary Black Sea port of Pazar, and climbs steadily into an entirely different world. Soon you pass through tea plantations where the women (of course!) are picking tea, hillsides of wild pink rhododendrons, and cascading snow fed waterfalls. Ayder (pronounced Eider) sits at 4000', and is described by Lonely Planet as a high pasture village. At first glance it might be mistaken for Switzerland, but the ever-present minaret and booming call-to-prayer quickly dispels that notion. I stayed at the Hotel Saray, where I was the only guest, and possibly the only tourist in the village. The owner was glad of some company, and insisted that I join him to drink tea, and watch The Godfather – Part 2 on satellite TV. Unfortunately this was in Turkish, but the tea was good.

Ayder is the western gateway to the Kackar Mountains, the highest of which reaches over 3900 m., or almost 13,000'. In the summer it is a busy staging area for hiking and climbing, but in May it was just emerging from hibernation, as most inhabitants leave over the winter.

The first afternoon I picked out a likely looking hike a short distance away, and the next day I set out. The path initially switch backed up to a small settlement of four or five houses, perched in a steep meadow. Here I exchanged smiles and hand signals with the local shepherd, before continuing on. When the path reached

the forest above I was confronted by a massive pile of brush and branches, completely blocking the trail and all adjacent access. This obstruction was designed to keep the sheep from wandering up to the summer pastures, and it took me a while to struggle over it. Later the path entered an area of alpine meadows and boulder fields, where I passed several stone huts, still closes for the winter. Higher still the path became braided, and disappeared a short distance below the snowline. On reaching the ridge crest I turned right, and plodded on Progress was slow, as I didn't have any gaiters, and my shoes were now filled with snow. Hate that feeling! On reaching the highest point (well, maybe it wasn't quite the highest) I was surprised by the impressive rock peaks to the East, one of which closely resembled Mt. Tupper in Rogers Pass.

Earlier I had changed into shorts (taboo in public places), but now an afternoon storm swept in, and it started to hail. Ski pole in one hand, collapsible umbrella in the other, and still in shorts, I headed down. Stylin'it, in the Kackars! No wonder the sheep ran away!! That evening, after a well-deserved boiling in the local hamam (Turkish bath), I had a language impaired conversation with Ahmet and Aysun, owners of the Nazli Cicek Restaurant. I was the only customer, and they were interested in obtaining details of my hike, with a view to repeating it.

"And for how many houses were you waiting today?" Aysun inquired.

For several seconds I was stunned by this extraordinary question, but then decades of teaching high school students came to my rescue. Desperately trying not to smile, I replied, "I was waiting (walking) for 7 houses (hours)". My lips must have twitched, just the tiniest bit.

Other hiking:

- At Lake Edgirdir I walked up to the village of Akpinar, and then most of the way up Mt. Sivri. This is a long hike, about half of it on the road.
- Goreme, in Cappadocia, has some pleasant half and full day hikes, mostly in gentle canyons, with the occasional tunnel. The trails are used by the locals to reach their fields.
- The Ihlara Valley (Gorge) is a highly rated 7-8 hour hike one-way, with return by bus, if you time it right. I started on this, but was rained off.
- People were bouldering on the beach at Olympos, but having no rock shoes I could only watch.

The exchange rate is one million Turkish lira for one Canadian dollar. You became an instant millionaire, and always feel like a million.

Hamish Mutch.

Arrow Lake canoe trip, Shelter Bay to Syringa Creek. July 2004

(Lake elevation 1427m.)

The delay in raising the lake level made for a great early summer journey. Numerous beaches were available for camping. As for the swimming-- the water was warm-- it was just that our arms were too sore from paddling to do any "real" swimming. Sleeping under wide-open skies was another feature of the trip.

This trip began at the Shelter Bay Provincial Campsite boat launch. We choose this side of the lake because of the

perceived lack of campsites available on the upper lake's eastern shore. One of the advantages of a canoe is that the beautiful small sand-gravel unprotected, windy, point beaches are easy to pull up on.

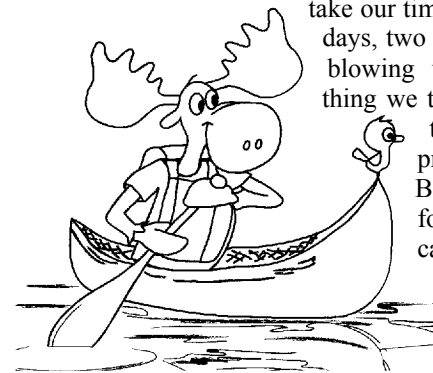
After a few days we crossed the lake at Cape Horn (although it may have been easier to follow the western uninhabited shore). There actually were a few places to camp on this part of the lakeshore. It also has a great view of Saddle Mtn. Actually, the orientation to the Valhallas and Monashees is "different" from the lake. Quite a treat!

We arrived at the Nakusp Public Beach and after a quick shopping trip we headed across the lake. Strong winds blowing down the lake quickly made us change course to a beach south of Nakusp. It poured for a few hours that night but the morning greeted us with sunny skies. We enjoyed swimming on a gigantic sandbar directly across from McDonald Cr. Provincial Campsite. We set up a sail and when a good wind blew we easily surpassed paddling speed. We found a good campsite, another great sand beach just south of East Arrow Park with a splendid view of the Valhallas. Looking north up the Mosquito Cr valley we saw the western slope of Saddle Mtn. The skies hinted of rain and the thunder encroaching Saddle Mtn suggested we'd better batten down the hatches. Good thing we did because it was a spectacular wind/rain storm that night. The next morning were once again clear skies and warm temperatures and we paddled through the last part of the narrows. The lake's entire western shore is basically uninhabited except at Edgewood. The eastern shore is well developed until just after Fauquier. There are good beaches for camping between Arrow Park and Burton on the western side but cows occasionally surprise your camp when they come down to the water to drink.

After picking up provisions at the Needles-Fauquier ferry, and phoning home, we continued our journey.

We finally had a steady wind going for us and the tablecloth that Eliane gave us to use proved very useful as a sail once again. With very strong winds we used the kayak as an outrigger. During a short lull in the wind we had a chance to parlay with a Nelson couple heading up lake on their sailboat. We camped at a great beach at Sangrida Creek with Mt Faith looming to the south. The next day the wind began after a short paddle. This was the biggest wind so far. It blew so strong and provided such good sailing that no one wanted to stop. Except for the occasional swim and jump off rocks we blew all the way to Syringa Creek. Some 40 km in 9 hours. Eliane was shocked to get our phone call to pick us up.

Next year we'll have to start farther up on the lake and take our time. This trip took an easy 7 days, two of which had a great wind blowing us home. The important thing we think to remember for this trip is the camping spots provided by the lake level. Beach camping is great and forms a big part of the canoeing experience.



We were Jean,
Francois and Steven
Miros

Executive Notes

From the January executive meeting



Correspondence:

-Murray Springman of Nelson Search and Rescue is offering a meeting with the KMC to learn how they respond to searches and become aware of their equipment.

-Alan Formanek of the Vancouver Intl Mountain Festival is asking if we would be interested in hosting the local edition in the spring. No one volunteered for setting up the event. It should be noted that our Social/Entertainment Chair is vacant.

Conservation: The Jumbo decision will not be out for several months. The Catskiing application in the Neptune-Crowe area will hopefully get a Land Use plan first.

Summer trips: Start planning your trips for this summer. Remember a club trip is one that has been approved by the Summer or Winter Chairperson. Trips

that do not pass through the Chairperson are “private” outings and should be noted as such. There was discussion on the idea of putting all our trips offerings on one consolidated continuous schedule.

Mountaineering School:

A mountaineering course may be offered in the spring. An Avalanche Course could be arranged if a sufficient number of people are interested. Contact Sandra (352-xxxx).if you are interested.

Winter Trips: Peter Jordan is filling in for David Mitchell. Did you know that asking for volunteers via newsletter and E-mail Update is not as good as telephoning individuals and telling them if they want to lead a trip?

Hiking Camp: see information and application form in this newsletter.

Other Business: A newsletter exchange with The British Columbia Mountaineering Club will begin.

-“Trip Reports on the E-mail Update”- the executive felt that it would not be a

good idea. A conditions report with some narrative is okay.

Leadership Workshop: The workshop was a great success. Three main very important concerns arose- See Sandra McGuinness’ article “But I’m Not A Mountain Guide; The KMC Trip Leaders Workshop” as well as Doug Brown’s “Club Trips Policy Changes”. Both readings are in this newsletter.

More Other Business: The executive had a discussion on the “Summer/Winter Trips Chairperson” screening the prospective coordinator for the particular outing being proposed. It is conceivable that someone may be ‘in over their head’. This led to a discussion on whether we should seek legal advice with respect to our waivers and the potentiality of accidents/liability occurring on club outings. Insurance for this concern was also noted. It is available by joining the FMCBC. If anyone has something to say on this subject or provide insight as to where we may learn more about it please contact the club president.

EQUIPMENT FOR SALE

The club executive has decided to dispose of all the climbing equipment which we have rented in past years, except for the ice axes which are the most popular item. I have the equipment in my basement, so I will look after getting rid of it. It is all pretty old, but some things are still useful.

CRAMPONS

There are 3 pair which are adjustable and in adequate shape. For sale at \$20 per pair. There are a number of ancient forged, non-adjustable, crampons which are free if anyone wants them.

ROPES

We have 9, 11 mm x 50 m. These should not be used for climbing as they are outdated. They are useful for anyone who has horses or boats. Please pass the word out to anyone who might have these uses. \$10 each or \$60 for the lot.

HELMETS

About 8, Edelrid & Mammut, shouldn't be used for climbing as they're outdated. But they make decent hardhats for non-WCB-inspected uses. \$5 each if you want one.

Peter Jordan 352-xxxx

Are you looking for a recreational avalanche course?

A number of KMC members have told me that they have had difficulty this season taking a recreational avalanche course. If there is enough interest (and commitment) from KMC members I will look at getting a local provider to run a recreational avalanche course for KMC members. So, if you are looking to take a course this year, call or email me immediately so that I can arrange with a provider to instruct a course. I will **not** take any names after the 15th February –the clock is ticking. Contact: Sandra McGuinness

The Kootenay Columbia Trails

Society (Formerly the Trails for Rossland Society) was founded in 1996 to establish a quality trail network for the community. These trails will be easily accessed and well maintained by trail users for trail users and will be managed in a spirit of cooperation with private property, industry and other interest groups."

The Society consists of volunteers who enjoy the trails, dedicate time to ensure future access is secure, and share a vision of how trails can develop as a recreational asset. After five years

of work the Society directors and members, supporting organizations and landowners are proud of the trail network that has been created.

We encourage all trail users to demonstrate their support through a membership in the Society. Meetings are held monthly and all those interested, or keen to make a contribution, are welcome.

Visit their website at

<http://www.rosslandtrails.ca/#>

Please direct questions and comments to:

info@rosslandtrails.ca

Club Trips Policy Changes

At the KMC Leadership Workshop that was held this past November, a couple of changes to KMC policies relating to club outings were proposed and widely supported. The Executive reviewed these proposed policy changes and officially adopted them at the Executive meeting in January.

The aim of these policy changes is to make the trip coordinator's job easier, and to ensure club trips are enjoyable and safe for everyone. The new policies are:

1. Participant Screening

Trip coordinators are strongly encouraged to screen prospective participants. For the coordinator, this simply means estimating the physical and technical difficulty of a listed club outing and ensuring that all participants have the requisite fitness, technical skills, and equipment required to do the trip safely at the speed you expect to travel at.

It isn't in anyone's interest to have one or more participants who aren't prepared for a trip, either physically or technically. Of course, club outings are still a great place to learn from others and maybe push your abilities, but many trips require a minimum level of fitness and technical ability for everyone to be safe and enjoy themselves. If you call a coordinator about a trip they are running, you should be prepared to be turned away if 1) the maximum number of participants (as set by the organizer) has been reached, or 2) the coordinator feels the trip may be too much for you.

2. Call the Coordinator

In order for a trip coordinator to properly communicate the trip plan, screen participants, and keep a tally of who is coming, **every prospective participant must call the coordinator**. The coordinator, at his/her discretion, may relax this rule and accept a single call per family or for members he/she knows, but never assume that. Many past KMC trip organizers have had the experience of unknown and unexpected faces showing up unannounced at the meeting place; anyone doing this in the future should expect to be turned away.

3. Call 48 Hours in Advance

To make trip organizer's life easier, it is requested that participants call about an outing a minimum of **48 hours in advance**.

Thank you for your cooperation and see you in the hills.

Doug Brown, on behalf of the Executive.