

# BC MOUNTAINEERING CLUB NEWSLETTER



APRIL, 2004

VOL. 82, NO. 4

Spring on Garibaldi Lake

## **EVENING SOCIAL MEETINGS**

Evening socials are usually held in the ANZA club, upstairs room (corner of 8th Ave. and Ontario, Vancouver) starting at 7:30 p.m. Cookies, tea, and coffee are provided.

**Tuesday, 13 April** - Entertainment will be a slide show by Don McPherson on the new Indian Arm trail and its construction.

**Tuesday, 11 May** - Entertainment will be a slide show by Monika Bittel et al. on scrambling on Baffin Island.



Eagle Ridge area. East side of Indian Arm.



**HONORARY PRESIDENTS - Esther and Martin Kafer**  
**EXECUTIVE COMMITTEE AND CLUB OFFICERS**

<b>PRESIDENT -</b>	KIT GRIFFIN	604-736-8462	<b>CABIN / TRAILS -</b>	DAVID SCANLON	604-464-3730
<b>PAST-PRESIDENT -</b>	DAVE HUGHES	604-980-6484		PETER WOODSWORTH	604-254-7076
<b>VICE-PRESIDENT -</b>	MONIKA BITTEL	604-983-3097	<b>CONSERVATION -</b>	MONIKA BITTEL	604-983-3097
<b>SECRETARY -</b>	ALICE PURDEY	604-293-2951	<b>SUMMER CAMP -</b>		
	ANDERS OUROM	604-228-1798		PETER WOODSWORTH	604-254-7076
<b>TREASURER -</b>	TODD PONZINI	604-340-9653	<b>FMCBC REP -</b>	MIKE PEEL	604-444-4068
<b>MEMBERSHIP/MAILING -</b>		604-268-9502	<b>WEBMASTER -</b>	KEVIN SWANSON	604-943-4364
	JULIA BORCHARDT	604-204-0726	<b>EDITOR -</b>	MICHAEL FELLER	604-270-4050
	STEVE TATE	604-737-3608	-----		
<b>SOCIALS -</b>	PAM KRANNITZ	604-946-9942	<b>EQUIPMENT -</b>	PAUL KUBIK	604-876-0764
	DERRICK JOHNSTONE	604-221-9097	<b>SAFETY EQUIPMENT -</b>	KIT GRIFFIN	604-736-8462
<b>CLIMBING -</b>	JOS VAN DER BURG	604-463-7582	<b>LIBRARY -</b>	JOAN FORD	604-876-4255
	EMANUELE PORRA	604-533-7723			

**ADDRESS: P.O. Box 2674, Vancouver, B.C., V6B 3W8**  
**EMAIL ADDRESS: info@bcmc.ca or bcmc@bivouac.com**  
**INTERNET SITE: www.bcmc.ca**

The **BC MOUNTAINEERING CLUB NEWSLETTER** is an official publication of the B.C. Mountaineering Club and is published 10 times per year (every month except July and September). All material within this newsletter is copyright © British Columbia Mountaineering Club.

**Submissions** - of any written, drawn, or photographic material relevant to the B.C. Mountaineering Club are welcome. If possible, submissions should be sent to the editor by email or on a diskette. Deadline for submissions is the first Tuesday of the month preceding the publication month. Send submissions to Michael Feller (email - feller@interchg.ubc.ca, ph. 604-270-4050).

**Editorial policy** - All submitted written material relevant to the B.C. Mountaineering Club will be published unless the club executive decides otherwise. Submitted material may be edited for clarity or brevity, or for consistency with club policies.

**Opinions and comments expressed in this newsletter are not necessarily those of the B.C. Mountaineering Club.**

**SCHEDULED TRIPS**

Participation on club trips is open to any person with adequate skills and experience, subject to the approval of the trip organizer. All non-member participants must sign a disclosure and waiver form relieving the club and all other participants on the trip from any liability. A trip organizer is not a certified guide. The function of the organizer is to organize the trip, ensure that it gets underway, know the access to the area, and know a route or routes on the climb.

It is expected that each person on a club trip has the necessary skills, experience, fitness, and equipment. The organizer may specify certain equipment mandatory for participation in a trip. The club has avalanche transceivers and snow shovels available for hire. These may be obtained by contacting Kit Griffin at 604-736-8462 at least 2 days prior to the day they are wanted. Any person who attempts to participate in a club trip without such mandatory equipment, may be requested to withdraw from the trip. The club has a satellite phone available for hire. This may be obtained by also contacting Kit Griffin at 604-736-8462 at least 2 days prior to the day it is wanted. Each person on a club trip is responsible for his or her own safety and for checking the equipment used. Please be considerate and call the trip organizer by Thursday evening for weekend trips, and by Friday for Sunday trips.

If you are given a ride, please remember to pay the driver your portion of the car costs. If you decide not to go on a trip for which you have previously registered, please be courteous and inform the trip organizer.

## ORGANIZER

<b>April 3:</b> Decker Glacier Skiing in the Spearheads, approaching via the Blackcomb ski lifts. Joint trip with the ACC.	B2(3)	Margaret Hanson	604-341-5961
<b>April 3-4:</b> Mamquam Mtn. Skiing east of Squamish.	C3/2579 m	Marcus Dell	604-274-9511
<b>April 3-4:</b> Rhododendron Mtn. Skiing west of Pemberton.	C3/2530 m	Murray Lashmar	604-221-4183
<b>April 9-12:</b> Mt. Currie Skiing to the northern edge of Garibaldi park.	C3/2596 m	Greg Stoltmann	604-926-6496
<b>April 9-12:</b> North Creek area Skiing in the upper Lillooet valley.	C3	David Hughes	604-980-6484
<b>April 10:</b> Cambie Ck. Skiing in Manning Park.	B2	Alice Obermajer	604-781-2656
<b>April 10:</b> Sechelt Ridge Easy skiing to the west of Howe Sound.	B2	John Sapac	604-873-6740
<b>April 10-12:</b> Mt. Sir Richard Skiing in Garibaldi park.	C3/2681 m	Todd Ponzini	604-340-9653
<b>April 10-12:</b> Snowspider Mtn. Extended skiing east of Lillooet Lake.	C-D3/2540 m	Peter Norris	604-240-6087
<b>April 17:</b> Cypress triple Easy skiing in Vancouver's North Shore mountains.	A-B2/1440m	Richard Pawlowicz	604-222-3343
<b>April 17-18:</b> Mt. Carr Extended skiing beyond Garibaldi Lake in Garibaldi park.	C3/2590 m	Peter Gumplinger	604-733-8264
<b>April 24:</b> Mt. Sproatt Skiing opposite Whistler in the Cheakamus valley area.	B2-3/1844 m	Peter Oostlander	604-451-4585
<b>April 24-25:</b> Organizer's choice Easy skiing somewhere. Contact the organizer for further details.	B2	Pat Crean	604-986-5622
<b>April 25:</b> Phalanx Mtn. Skiing in the Spearhead Range in Garibaldi park.	B3/2441 m	Karl Ricker	1-604-938-1107
<b>May 8:</b> Organizer's choice Skiing somewhere. Contact the organizer for further details.	B2-3	Ilze Rupners	604-222-3720
<b>May 8-9:</b> Place Glacier area Skiing east of Pemberton off the Duffey Lake road.	B-C3	Ed Zenger	604-434-3095
<b>May 15:</b> Mt. Rideout Skiing and climbing south of Hope.	C4/2445 m	Irek Jasiak	604-930-8541

## BCMC SPRING SKI CAMP 2004

### Upper Hurley River, May 1-9

After driving as high as possible on the Railroad Pass road, the camp will be reached by skiing. Some days will be spent travelling and some will be spent on day trips from a fixed camp. Climbing objectives will include Mts. Samson, Sessel, and Thiassi.

Participants must be BCMC members, must have

been on at least one overnight ski trip during the winter, and must be comfortable skiing moderately steep slopes with a heavy pack. Some mountaineering experience (use of an ice axe) is also required to reach some of the peaks.

Limit - 12 people.

For further information and to book, contact Todd Ponzini at 604-340-9653.

## BCMC SUMMER CAMPS 2004

### 7th Annual Lake Lovely Water Summer Camp - July 17-25

Eight days of mountaineering in the glorious Tantalus Range (Map Ref. 92G/14). Accommodation is in the luxurious A.C.C. Lake Lovely Water cabin with swimming and boating at the door. We will also be running a mountaineering school for several beginner level participants. This is a self guided camp for club members only, \$325 covers helicopter and hut rental.

For further information, contact Peter Woodsworth at 604-254-7076.

### North Cascades Climbing Camp (C4-D5) - July 31 - August 8

A hike in - hike out mountaineering trip to the headwaters of Depot Ck. in the North Cascades National Park. The main climbing objectives will be Mt. Redoubt, Mt. Spickard, Beaver Mtn., and Twin Spires. All peaks require roped climbing at least to class 4, with some class 5.

Participants must be current BCMC members,

must be fit, and must be prepared to discuss their climbing experience with the organizer.

Party size will be limited to 6, which is the party size limit for groups visiting the North Cascades National Park.

For more information and to reserve a place, contact Todd Ponzini at 604-340-9653.

### Plummer hut climbing camp and work party - July 25 or 26 - August 7 or 14

A one or two week climbing camp will be based in the club's Plummer hut, located in the Mt. Waddington area. Access will be in and out by helicopter. Some work will be done on the hut during the camp.

Participants should be proficient at glacier travel and should expect to pay a deposit. Estimated cost is \$600+.

For further information, contact David Hughes at 604-980-6484.

## MEMBERSHIP

**New Members** - The club welcomes the following new Associate Members: Ryan Alderman, Bernhard Andreaus, Justin Bennett, Elizabeth Bernoth, Lisa Brown, Evan Collier, Brenda

Devine, Lisa Dournovo, Neil Emms, Van Gleeson, Christine Karlen, Jason Levine, Angela Manuel, David Phinney, Ingrid Schecter, Aleya Trott, Mark Visscher, and Shelley Wales.

## B.C. SUMMER MOUNTAINEERING AND ROCK CLIMBING INSTRUCTION

This summer the BCMC will offer several instruction courses. Most are the same as in the last few years, with the recent addition of Alpine Climbing. The objectives of the courses are to increase members' skill levels, provide shared experiences for participants, and so strengthen the BCMC. The courses are experience oriented, and require commitment and effort. They are economical, and organized by BCMC volunteers. Or-

ganizers are experienced, and may have some related training, but they aren't professional guides. The emphases of the courses are skills, safety, self-reliance, and responsibility.

Prerequisites:

\* Current membership in the BCMC (2004) — you may join at the time of application.

- \* Good physical and mental health.
- \* Payment of course fees, which cover only BCMC and instructors expenses (surpluses are used to buy club equipment). You must provide most equipment, transport (car pooling encouraged), and food.
- \* Read and sign a comprehensive waiver, and complete a health information form. The focus of the courses is on safety and skills. However, mountaineering and climbing always involve significant risks of injury or death, and you must be prepared to assume those risks.
- \* Participants will be screened for skills, experience, fitness, equipment, and potential to contribute to the BCMC. We want participants who will volunteer to help the BCMC - programs, trips, socials, etc. Otherwise, the longer you have been a member of the BCMC, and the earlier your application is received, the higher priority you will have.

Related matters:

1. Programs are open to members in good standing of the Varsity Outdoor Club, though BCMC members have priority.
2. Your application must include the application, waiver, medical form, and fees. Applications that are not complete (membership, fees enclosed, forms fully filled out) will be delayed.
3. Dates may be altered due to bad weather, illness or other reasons.
4. All sessions are mandatory.
5. The organizers do not arrange transportation; carpooling is strongly encouraged. A participant contact list will be prepared for each program, as needed.
6. Do not call organizers after 10 pm or before 9 am.
7. Course fees usually cover some related materials or equipment, amounting to about 30% of the fees. For Essential Rockclimbing, Mountaineering, Lead Climbing, and Alpine Climbing, purchases will be determined at the organizing meeting, depending on what participants already have.
8. Participants may need to travel in the U.S.A. for the Mountaineering course, and perhaps others, and should have appropriate documents for doing so.

9. Complete a separate form for each course in which you are interested.

**Basic Outdoor Toproping**

Basic top roping is aimed at those who have done some indoor gym climbing, and want to move to outside climbing, particularly in Squamish. It, or equivalent, is a prerequisite for Essential Rockclimbing. The course will cover safety, environmental issues, basic equipment, basic climbing skills and techniques, and the elements of top roping. Tying in, belaying, lowering, etc. It will be a **one-day course** (plus one evening). The course will not cover setting up top-rope anchors, rappelling, or belaying from above.

To participate, you must have a sit harness, rock shoes, a belay device (no figure 8s), two locking karabiners (D's or oval), plus one large pear/Münter-biner, and a helmet. Instructors or the BCMC provide other needed equipment. \$40 (full-time students \$30). Limit 12 participants.

**Date:** May 1 or 2 (Evening Apr 29)

Registration: Mail in your completed forms with cheques to:

M. Durigon - BCMC  
4127 Cambridge St, Burnaby, BC, V5C 1G8

Organizers:

Paul Miller 604-657-7285 [pjm@proman.argus](mailto:pjm@proman.argus)  
Kit Griffin 604-736-8462 [kitgriffin@telus.net](mailto:kitgriffin@telus.net)

**Essential Rockclimbing**

Essential Rockclimbing consists of an evening lecture/practice, and a weekend at Squamish. At the end, you should be able to set up and use a simple top-rope, including rappelling, basic anchors, "follow a second" and belay from above. You must provide rock shoes, a sit harness, a helmet, two locking (D's or oval) karabiners, plus one large pear/Münter-biner, a belay device (no figure 8s), and two slings of 7mm perlon (1.5 and 5 m). Instructors and the BCMC provide other needed equipment.

Prerequisite - Basic Outdoor Toproping or equivalent.

\$70 (full-time students \$50). Limit 12 participants.

**Date:** May 15/16 (Evening May 13)

This course (or equivalent) is a prerequisite for the Mountaineering course. Fees and schedule do not include Basic Outdoor Toproping.

Organizers & Registration: see Basic Rockclimbing

### **Lead Climbing**

This is for those who have solid outdoor top roping skills plus a season's experience. (Participants will be required to organize a basic toprope on the first day.) You must also have experience in overnight mountain travel. The course will include three weekends and several evenings, plus an optional alpine rock climb weekend. Participants may be asked to help with other courses, and are expected to climb regularly together on evenings and free weekends. By the end of the course, participants should be comfortable leading 5.7 rock climbs, and moderately technical mountain routes. Covers placing and using anchors, equipment selection and use, safety and environmental issues, leading, training, and related issues.

Participants must have all basic climbing equipment, and must be prepared to invest in all equipment needed for leading, likely several hundred dollars. Organizer's equipment is also used.

\$100 (full-time students \$80). Limit 6 participants.

**Date:** (Evening Apr 22) Apr 24/25, May 8/9, May 29/30

Organizers & Registration: see Basic Rockclimbing

### **Mountaineering**

This includes three evening lectures/practices and three weekends. (Essential Rockclimbing or equivalent is a prerequisite.) Covers mountain travel and navigation, safety and environmental issues, snow travel, glacier travel, crevasse rescue, self arrest, and ascent of a moderate

peak. You must be an experienced backpacker, and by the end of the course you should be able safely to undertake most club trips up to the B4 level. Participants must provide all backpacking and camping equipment, sit harness, ice axe, helmet, crampons. The BCMC provides needed technical equipment (ropes etc), and two prussiks for each participant.

\$225 (full-time students \$200). Limit 12 participants.

**Dates:** 29 - 30 May, 5 - 6 June, and 12 - 13 June (foul weather fallback 19 - 20 June).

Evenings: May 27, June 3, and June 10. Fees and schedule do not include Essential Rockclimbing.

Organizer: Miles Quesnel 604-592-9464 or mquesnel@uniserve.com

Please contact Miles directly for an application form - e-mail should be titled "Mountaineering Application"

### **Alpine Climbing**

This will be a summer-long seminar on alpine climbing. A challenging and serious climb will be attempted each month from May to September. Participants should have 2-3 years solid mountaineering and climbing experience, and be comfortable leading 5.8 on rock and Grade 2 ice. You will have to provide all needed equipment.

\$100 (full-time students \$80). Limit 3 participants.

Current plans and dates:

May 29 - 30: Viennese Peak, South Face

June 26 - 27: Yahk Crack

July 17 - 18: Castle Towers, Northwest Face

August 21 - 22: Mt. Weart Northwest Face

September 18 - 19: TBA Destinations and dates may change depending on conditions and weather.

Organizer: Anders Ourom 604-228-1798 or aiourom@telus.net

## **BCMC NEWS**

### **Help put the summer-fall trip schedule together**

The club is beginning work on developing this years' summer-fall trip schedule. If you would like to organize any trips during this period, please

contact the Climbing chair. Members with last names starting with letters A-M should contact Emanuele Porra (604-533-7723) and those starting with letters N-Z should call Jos Van Der Burg. Additionally, we are also looking for phone volunteers to assist us in contacting members with regards to organizing trips.

## YOUR ACTION IS REQUESTED

To help to counter the loss of areas suitable for our recreation activities, your action is requested for the following:

### 1. Squamish Forest District and commercial motorized backcountry recreation tenures.

In September 2001, the Sea to Sky Winter Backcountry Recreation Forum ("Winter Forum") began monthly meetings to resolve the growing conflict among recreation users in the Sea to Sky backcountry. The Winter Forum included representatives from outdoor recreation clubs (backcountry skiers, snowshoers and snowmobilers), commercial recreation operators (heli-ski, snow-cat and snowmobile tour operators), and government representatives. All representatives recognized the increasing and often conflicting recreational demands placed on the Sea to Sky backcountry. There have recently been over six million recreational visits to the Sea to Sky corridor each year. The number of recreational visits will increase with the 2010 Olympics. The vision of the Forum was to find a way for all recreational users to have reasonable access to an enjoyable experience in the Sea to Sky backcountry. After almost two years of consultations, discussions and negotiations, the Winter Forum developed a Winter Sharing Accord, which designates areas in the Sea to Sky backcountry for different recreational uses. The Winter Sharing Accord was signed off by all Forum participants. Every user group made compromises and trade-offs in order to achieve the Winter Sharing Accord. The Winter Sharing Accord is therefore a total package, balancing the recreational interests of each user group and thereby minimizing conflicts between the different user groups. Unfortunately, Land and Water BC Inc. ("LWBC"), the provincial Crown Corporation which issues commercial recreation tenures in the Sea to Sky Corridor, has consistently ignored the Winter Sharing Accord and has issued commercial tenures which are inconsistent with the Accord. As a

result of the actions of LWBC, the Winter Sharing Accord has been severely compromised, undermining the balance achieved among the different recreational user groups. With respect to non-motorized users, the only areas left for non-motorized recreation outside Garibaldi Park are 21 Mile Creek and Mt. Sproatt. Furthermore, commercial recreation tenures are being issued without the benefit of carrying capacity studies, which are needed to ensure that the quality of the backcountry recreational experience is maintained in the Sea to Sky backcountry. The Winter Forum is currently involved in ongoing negotiations and discussions at various levels of government regarding the Winter Sharing Accord. The Winter Forum is therefore seeking letters of support from recreational users of the Sea to Sky backcountry. Letters should be directed to the following government representatives and to the CEO of LWBC:

**Honourable George Abbott**, Minister of Sustainable Resource Management  
P.O. Box 9054, STN PROV GOVT  
Victoria, B.C. V8W 9E2  
Fax: 250-356-8273

**Bill Valentine**, CEO and Associate Deputy Minister Land and Water BC Inc.  
P.O. Box 9475, STN PROV GOVT  
Victoria, B.C. V8W 9M2  
Fax: 250-356-0105

E-mail: lwbc.corporate@victorial.gov.bc.ca  
**Premier Gordon Campbell**,  
Province of British Columbia  
P.O. Box 9041, STN PROV GOVT  
Victoria, B.C. V8W 9E1  
Fax: 250-387-0087  
E-mail: premier@gov.bc.ca

The key points to raise in the letters are:

- Identify yourself as a recreational user of the Sea to Sky backcountry.
- Your support for the Winter Sharing Accord developed by the Sea to Sky Winter Backcountry Recreation Forum because it balances the recreational interests of all user groups, including

the motorized and non-motorized recreational users.

- Government should honour the Winter Sharing Accord and support the implementation of the Winter Sharing Accord.
- Land and Water BC Inc. should honour the Winter Sharing Accord and stop issuing commercial recreation tenures which are inconsistent and incompatible with the Winter Sharing Accord.
- Before more commercial recreation tenures are issued in the Sea to Sky backcountry, carrying capacity studies should be conducted to ensure that the quality of the backcountry wilderness recreational experience is maintained in the Sea to Sky backcountry.

If you have any questions or need more information regarding the Winter Forum or the Winter Sharing Accord for the Sea to Sky corridor, please contact Monika Bittel at [monikabittel@telus.net](mailto:monikabittel@telus.net) or call 604-983-3097. If you write a letter, please forward copy of it to Monika Bittel c/o BCMC, P.O. Box 2674, Vancouver, B.C. V6B 3W8 or send a copy via e-mail.

## 2. Jumbo valley proposed ski development

In a remote valley in the heart of the Columbia Mountains 50 kilometres from the nearest community and accessible only in summer by rough logging roads, Phedias Project Management is aggressively pursuing a course to open a four season ski resort on the Jumbo and Commander Glaciers. Currently the home of grizzly bears, wolverine, and mountain goats and favoured by mountaineers for its superb alpine climbing, the Jumbo Glacier Resort will cover six times the land area of the nearest community (Invermere) and is planned to house 6500 tourist beds, including over 1300 privately owned condominiums. Gondolas, chair lifts and T-bars will be installed on both the Jumbo and Commander Glaciers to allow year round skiing – a dubious economic prospect at best - while prime wildlife and mountaineering terrain is destroyed.

Road construction alone is expected to cost the taxpayer up to \$2 million/km while additional road maintenance and avalanche control costs could cost up to \$450,000/year. This money could be better spent helping existing communities, such as Golden and Invermere, as they shift their economy from resource based to tourism based. Impacts on wildlife will likely be significant due to habitat destruction and yet another road corridor through scarce wintering grounds.

For 13 years, local and national opposition to Jumbo Glacier Resort has stalled the project, but with a pro-development Liberal government and the passage of Bill 75 – essentially streamlining development in wilderness areas – the threat to this pristine valley is stronger than ever.

We need you to write, email or call the following people to register your opposition to the Jumbo Valley Resort and to call for a public hearing on the proposed development. Go to [www.wildcanada.net/jumbowild/faxengine.asp](http://www.wildcanada.net/jumbowild/faxengine.asp) to instantly send an email registering your opposition to the project or send your own individual letter to the following people:

- **Premier Gordon Campbell:**  
[premier@gov.bc.ca](mailto:premier@gov.bc.ca), PO Box 9041 STN Provincial Government, Victoria, BC, V8W 9E1, ph.250-387- 2160
- **Honourable George Abbott**, Minister of Sustainable Resource Management:  
[george.abbott.mla@leg.bc.ca](mailto:george.abbott.mla@leg.bc.ca), PO Box 9054, STN Provincial Government, Victoria. BC, V8W 9E2, ph. 250 356-9076
- **Mr. Martyn Glassman**, Senior Planner, Environmental Assessment Office,  
[Martyn.Glassman@gems4.gov.bc.ca](mailto:Martyn.Glassman@gems4.gov.bc.ca) [www.gems5.gov.bc.ca](http://www.gems5.gov.bc.ca), PO Box 9426 STN Provincial Government, BC, V8W 9V1, ph. 250 387-2206
- **Sandy Santori**, Minister of State for Resort Development, [sandy.santori.mla@leg.bc.ca](mailto:sandy.santori.mla@leg.bc.ca), Parliament Buildings, Victoria, BC, V8V 1X4, ph. 250 953-4246

More information on the project is available from: [www.jumboglacierresort.com](http://www.jumboglacierresort.com)  
[www.wildcanada.net](http://www.wildcanada.net)  
[www.jumbowild.com/index.html](http://www.jumbowild.com/index.html)

## EQUIPMENT/GEAR NOTES

### Plastic water bottles again.

Jeff Rabinovitch has informed us that a useful website is produced by P.W. McRandle of the Green Guide Institute - [www.thegreenguide.com/doc.mhtml?i=101&S=plastic](http://www.thegreenguide.com/doc.mhtml?i=101&S=plastic). This website rein-

forces the information presented in last month's (March) newsletter, indicating plastics to avoid are numbers 3 (PVC), 6 (Polystyrene), and 7 (Polycarbonate), and possibly 1 (PET). Safer plastics are numbers 2 (HDPE), 4 (LDPE), and 5 (Polypropylene).

## TECHNIQUE

### Five meditations on the Telemark -

by Les Carter

A friend recently asked me to write down the basics of the telemark turn. There are five, which should be thought about and practised in order.

**One: Carry your weight on both feet.** The telemark, unlike Alpine turns, always calls for nearly equal weight on both skis. However, it also requires placing one foot ahead of the other, and bending your knees in a sort of curtsy, which puts your forward leg in a strong position, and your back leg in a weak one. Try to put half your weight on the ball of your back foot. Stiff plastic tele boots make it more difficult to feel your back ski, so you must concentrate on it. Think of dropping your weight exactly between your boots. Too much weight on the front ski results in doing the "tele-plough," and makes it hard to link turns quickly.

**Two: Carve both skis.** In a good turn, your two skis carve together. The rear ski is not pushed around the turn by bumping into the forward boot. Drop into the telemark position, and begin to steer the turn by pointing your front knee over the tip of the back ski. Continue the turn by pointing your rear knee in the same direction, tucked in close to your front knee. For more control, think about steering with the big toe of your front foot and the little toe of your back foot. Drop low enough so that your knees are free to point and carve, but don't push your forward ski ahead or let your back ski fall behind. Remember where your weight should be (between your boots).

**Three: Rise up and float.** Begin with your weight low, either traversing, or at the end of your last turn. When you want to turn, say "Up!" Rise in a

smooth, strong motion, and feel the momentum of your upper body making your skis light as you switch your feet into the new telemark position and steer into the turn. Think: Small, tall!" (You don't need to hop.) The deeper the snow, the higher you should rise in the "tall and light" part of your up and down motion, and the longer you will feel light. On hard snow, the "light" part of the turn will last just long enough to allow you to switch feet and change edges into the new turn. As you sink into the turn, remember to carve both skis with your knees and toes.

**Four: Anticipate your next turn.** As you finish one turn, make your body eager for the next by facing strongly downhill from your belly button up. This feels like a forceful "crank" of your upper body against the direction of your hips as they follow your skis across the hill at the end of the turn. As you rise up and float, the stored energy in the twist of your midriff will help to point your hips, legs and skis in the new direction. For balance, as you finish a turn, imagine that your hands are holding the steering wheel of a VW bus, and bring them in front of you, low and shoulder-width apart, to drive the bus straight down the hill.

A common error, specially with longer poles, is holding your hands too high, which throws your weight back and inside. You can practise keeping your hands where they belong by taking off your pole straps and holding your two poles together in front of you, like gripping a kayak paddle. You will find that in order to stay in balance at the end of a turn, you must keep your hands low and aimed down the hill. Your upper body will follow your hands into the anticipated, "cranked" position you need in order to snap into your next turn.

**Five: Trigger the new turn with your downhill pole.** As you finish a turn, with your weight low, skis carving, and hands steering the bus downhill, plant your downhill pole, and say “Up!” The pole plant emphasizes both your upward motion and the anticipation of your upper body, and makes your turn quicker. (You can add to that lift and twist by “throwing” your other hand and shoulder up and towards the new turn as you rise.)

## TRIP REPORTS

### Winter vs Fall in North Creek

I once went to North Creek in the fall for a camping trip and was very let down at the entire outcome of this trip. You see, my dad had told me all about his winter ski trips up there and I was very excited. But as I found out, there is a distinct difference between winter and fall in North Creek. One season is like a vacation, the other, a boot camp. From personal experience, I have discovered that winter is clearly a better time to go to North Creek than the fall.

In fall, the journey to North Creek is a much more difficult trip than in the winter. Throughout the snow season, there is a helicopter waiting just outside of Pemberton to fly you up there. In fall, there is an overgrown trail that is the only way in. It is an 8 hour hike in the boiling hot sun, and if that isn't bad enough, there is devil's club blocking your path every which way. Devil's Club is a large, leafy plant that has thorns covering the surface of its leaves. The thorns sting you upon the slightest touch, and nestle their venomous bottoms deep into your skin. they're nearly impossible to dig out, unless you wait until yellow infection forms a bubble around the thorn. When you pop the bubble, the thorn almost springs out of your skin. By the end of the trail, your skin is practically infested with devil's club. Your already heavy boots get even heavier, when they absorb water from the mini swamps. The trip gets painfully slow when you reach a steep mucky hill on which the path is barely decipherable and your elderly companions insist on rebuilding it. The only part slower than that, is when you reach a series of large rocky gulleys that your companions must go around otherwise they will fall and

The pole plant is the final refinement. You should practise steps 1 to 4 without poles, so they don't become crutches. A common mistake is to use the poles to keep from falling inward at the end of a turn, which makes it hard to begin the next turn. The cure is to practise without poles (or holding your poles crosswise in front of you), which forces you to put enough weight on your back ski.

seriously hurt their poor, already broken down knees and ankles.

In fall, the workload is tremendous compared to the winter. Within the first hour of being there, you have already been given orders to chop wood for the stove and enough to last the freezing winter (that's about 200 logs!). You are also expected to fetch enough water for 10 people and their meals. The creek from which the water comes from, is only accessible if you accidentally fall into the freezing water. On top of that, your father also expects you to make a decent Thanksgiving dinner from tortellini and re-cooked dried veggies. After that, you are expected to climb up a rope onto the very high, steep, and slippery arched roof. From atop that roof, you are required to removed the rusted top that is covering the chimney.

The winter trip includes comfort food like tangy mandarins that don't break your nail when you try to peel them. A creamy white chocolate Toblerone bar accompanies warm fluffy pancakes with syrup and rich hot cocoa to start off your day followed by a lunch of cheesy hobo pies fresh off the flaming fire. Nothing can beat a yummy, stringy hobo pie. Throughout the day, you are given a supply of cookies, butterscotch lifesavers, gummies and nuts to replenish your energy. Hearty homemade chili and crispy garlic bruschetta, warm your insides after a long and refreshing day of skiing. Last of all, after the bonfire had burned down, you roast gooey marshmallows over the red smoking coals. Your fall companions are filthy, disgusting middle-aged men. I swear they don't change their shirts. They'll walk into the cabin, sweat soaking right

through their shirts and go straight to bed. Handkerchiefs are what they use to blow their nose. If you ever need to blow your nose, they're the ones to ask. They'll pull a handkerchief right out of their pocket that has already been coated in one layer of snot. At dinner, they slurp their soup and herbal tea that they believe will heal their arthritis. As they speak to you, bits of chewed Thanksgiving dinner will fly out of their mouth and land on your last pair of clean pants (your other pairs are soaked from falling into the creek one too many times). One would think that their mouths couldn't get any fouler with all those crooked, unbrushed, rotting teeth, but it can. You'd be astounded at the language that comes out of their mouths. They are constantly swearing at each other for reasons that are completely unknown to me.

Overall, I think you can agree that winter in North Creek is definitely a lot more fun than fall in NorthCreek. Your companions aren't so smelly because they are all bundled up in their winter gear. You spend 8 hours a day backcountry skiing, so you don't see much of them. The food is tastier and there are no chores for you because you are so exhausted by the end of the day that you collapse into bed the minute you arrive back at the cabin.

Participants: Elderly, middle-aged men and Katrina de Visser (Reporter).

### **Diamond Head, 20-21 December, 2003**

Bad weather limited the number of people interested in going to the Mountain Lake hut. Several people decided to stay at home when it looked like the weather was not improving for the weekend. But in the end 6 determined people met at the church at 7:30 am. We drove up the Sea to Sky highway in intermittent rain. After picking up Ingrid at the Furry creek golf course, (she had to catch the 5:30 am Greyhound bus from Whistler to be on this trip) we turned off at the top of the hill to go up the logging road. To our great surprise we found the lower gate right at the highway closed and locked. It had not been locked for years but why now? A few quick phone calls got us nowhere. We had to come up with an alternative. We had a quick stop at Tim Horton's for coffee where the decision was made to go to the

Elfin shelter at Diamond head.

At the parking lot it was still raining but we were told by descending skiers that it was snowing higher up. And at about 1200 m., just below the Red Heather hut, we reached the fresh snow. We had a well compacted trail to follow and travel was easy. Once along the ridge it was whited out but with the markers to follow we reached the hut in 3 hours from the cars. We were the only ones but that was not about to last. After some hot drinks and food some decided to go for a ski before dark. We headed up towards Columnar Peak but in the whited out conditions it was tough to tell where we really were. At 4 o'clock we had to turn around if we wanted to be able to enjoy the ski down in the fading light and snowy conditions. And the skiing was great. We were hoping for better visibility the next day. By now the cabin had filled up but there was still plenty of room for everybody and we weren't in each other's way. Some were building a snow cave and were sleeping in it for the night. After some socializing till the late hour of 9:30 pm, people decided to turn in.

The next morning it was still whited out but when it was good and light it looked like it might lift. We decided to go to the same spot as the afternoon before but go higher. But we only ended up another 15 m higher and visibility was not improving much. We had a good run even though some of us got sucked into a gully that turned out not to be the best skiing.

Up for a second run. We were still the only ones. Most people go to the cabin and leave again the next day. In the end only our snow cavers joined us for the second run. By this time the weather was really improving and we were thoroughly enjoying the scenery. But we had to pack up and leave the place if we wanted to get back before dark. On the way back we couldn't resist one more run down from Paul Ridge and enjoy the great skiing one more time. Then the run down the trail which was in good shape. Everybody made it down without injury. It had been a great alternative and we all had a enjoyable weekend.

Participants: Irek Jasiak, Jon Coutts, Mike Peel, Ingrid Schechter, Alexei Monastynns and Jos van

der Burg (Organizer and reporter)

### **Wilderness first aid course, February, 2004**

Imagine you are traveling back from a great day of skiing through a thick forest, and on the trail you find a woman lying face down on the forest floor with a fallen long on her neck...She is unconscious and has difficulty breathing; in fact her breathing stops every so often. Her face does not look good with several deep wounds from the fall she endured. the light is fading rapidly this late afternoon and you must act quickly and do the right thing. If you don't do anything she might die or if you do the wrong thing you may further injure or even kill her. What to do?

Fortunately, this scenario was only a setup by the instructors on the last day of the BCMC sponsored Wilderness First Aid Course in early February. It was meant to pull all our freshly learned skills together and give the proper care without the natural tendency to panic in situation like this. Our group acted quickly: a stretcher was improvised from 3 skis, adjustable ski poles, ice axes, duct tape and pieces of rope. At the same time the other participants in our group checked the casualty with the ABC's (Airway, Breathing and Circulation), started artificial breathing, (okay, we

had to fake that part!), stabilize the neck and prevent shock.

It became pitch dark after a while and with our headlamps we transferred the patient to the luxuriously thermorest-padded stretcher. On no, she started vomiting! The ingeniously fastened ropes were put to the test, and the stretcher tilted 90 degrees. Amazingly she did not fall out and we triumphantly maneuvered the stretcher over the trail back to the cabin, where we released the now miraculously recovered casualty from the ropes; bandages, padding and duct tape surrounding her.

So ended our final practical test of the St. John Ambulance CPR and Wilderness First Aid Course, held over one evening and a very busy weekend! We are happy to let you know that all 16 BCMC participants passed their written and practical tests and received their certificates. Many thanks to David Hughes for organizing this course and Keiler and Mark, our St. John Ambulance instructor, who were very experienced and often quite humorous. We can highly recommend this course to all mountaineers, skiers and climber.

Participants: 16, including Peter Oostlander (Reporter).



Wilderness first aid course participants and instructor. Photo - P. Oostlander.