



B.C. Mountaineering Club Newsletter



Santa skis. Photo: J. Bryceland.

May 2009. Vol. 87, No. 5

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, 12 May - Sivia Bakovic will present a show on a recent club trip to Mt. Olympus in Washington's superb Olympic National Park.

Tuesday, 9 June - To be announced later.



The Olympus party. Photo - S. Bakovic.

British Columbia Mountaineering Club

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Esther and Martin Kafer

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SAFETY EQUIPMENT -	KIT GRIFFIN	604-736-8462
SATELLITE PHONE	-PETER GUMPLINGER	604-733-8264
LIBRARY -	JOAN FORD	604-876-4255

CLUB EQUIPMENT FOR HIRE

Avalanche transceivers - First day - \$5 per day for members, \$7 for non-members then \$3 per subsequent day .

Snow shovels - \$3 per day.

Avalanche probes - \$3 per day.

VHF radios - \$8 per day, \$40 per week

Satellite phone - \$60 per week or \$10 per day plus \$300 refundable deposit, all payable in advance, then \$2 per minute use.

If the phone is returned damaged, the renter will be responsible for repair costs. If the phone is lost or damaged beyond repair, the renter will be responsible for reimbursing the club the \$2000 cost of the phone. Trip organizers should request a deposit from trip participants to cover this cost.

First priority for equipment rental is club camps and trips.

Equipment is rented from Kit Griffin (604-736-8462) or Peter Gumplinger (604-733-8264), who should be contacted at least 2 days prior to the day the equipment is wanted, except for the satellite phone, which should be arranged at least 2 weeks prior to the day it is wanted.

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. Please note that images should be at least 60 pixels/cm (150 pixels/inch) for successful printing. Images with a lesser resolution will probably not be printed. Deadline for submissions is the first Tuesday of the month preceding the publication month.

Send submissions to **Alice Purdey (ph. 604-293-2951, email - alicep.fred@gmail.com)**.

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. Any person who attempts to participate in a club trip without such mandatory equipment, may be requested to withdraw from the trip. 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 more than 1 day prior to the trip.

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

2 courteous and inform the trip organizer.

Trip Schedule

Please check the website for final updates. All trips are ski trips unless otherwise indicated.

May

1-3: Spearhead Traverse **C3**
Alena Dzujkova 778-881-5642

9: Organizers choice (hike) **B3**
Ed Zenger 604-434-3095

9-17: Frenchman's Coulee (rock) **4+**
David Scanlon 604-572-5051
-Rock climbing in Washington. You can come for a weekend or just a few days.

16-18: Overseer Mtn. **C3**
Greg Stoltmann 604-926-6496

16-18: Mts. Adams and Hood **C3**
Peter Gumplinger 604-733-8264

23: Marmot Mtn. (snowshoe) **D2**
Alastair Ferries 604-329-1637

23-24: Mt. Baker via Coleman Glacier **C3**
Daniel Friedmann 604-737-0840

23-24: Exodus Mtn. **B-C3**
Monika Bittel 604-983-3097

30: Golden Ears (hike) **B2**
Thomas Schroeder 604-315-3515

June

6-7: Trail clearing – North Ck. (hike) **B2**
David Scanlon 604-572-5051

7: Goat Mtn. **B-C3**
Daniel Friedmann 604-737-0840

Member News – The Rucksack

The club wishes to congratulate our president, **Todd Ponzini**, and his wife **Lenore**, on the recent birth of their daughter Emily Katherine.

Your help is needed

1. **Website** – We need assistance with developing the club website. Contact Radmila (604-602-0468) if you can assist.
2. **Membership** – We also need assistance with membership. Your chance to learn about the inner workings of the club. Contact Silvia (778-230-7528) if you can assist.
3. **Summer camps** – If you can organize a summer camp – hiking or climbing, please contact Alena (604-708-5383).

New Edition of 109 Walks is out

The 6th edition of 109 Walks in B.C.'s Lower Mainland has just been released by Greystone books. Mary Macaree had almost finished working on this edition when she died, so the final work was completed by the publishers. The book is a worthy tribute to her, similar in style and quality to 103 Hikes, printed on very environmentally paper, and covering the region from Whistler to Cultus Lake, focussing mainly on the area from North Vancouver to Surrey. Mary devoted considerable

time to educating herself about map making and presentation and her maps over the years in 103 Hikes and 109 Walks have been one of the highlights of the series, always clear and easy to read, this last edition being no exception.

You must buy this book as all royalties from its sales which would have gone to Mary, are now going to the BCMC for conservation purposes. Its recommended selling price is \$19.95.

Buy a valuable guide to easy hikes and help the club maintain opportunities for the recreation you desire.

Beware of ticks – tis the season to be wary

It's tick season and ticks may carry the nasty Lyme disease. Be sure to check yourself all over after bush whacking because a burrowing tick is painless. It's best to remove a tick within 24 hours. Removal can be tricky. It is now recognized that old methods like applying heat or Vaseline, or pinching and pulling with fingers, may increase the risk of infection by forcing the tick's body fluids into oneself. One acceptable method is to grab the tick by its head – not abdomen – and pull slowly and gently using tweezers. Too hard a pull and the head will snap off. After removal, be vigilant for an expanding, bull's-eye rash, then run, don't walk, to your doctor. But Lyme disease can sneak up on you without evidence of a rash,

so taking a course of preventative antibiotics after a bite is a good option because the effect of Lyme disease may be long-term. Photo shows an embedded tick, one of a pair that accompanied Fred home from bush near Squamish recently.



Alice Purdey

High altitude climbing is bad for your brain

A recent study of high altitude climbers found that high-altitude climbing causes a subtle loss of brain cells and motor function.

Italian researchers used magnetic resonance to look at the brain of nine professional mountain climbers who each had at least 10 years of experience, including expeditions to Mount Everest and K2. The climbers ranged in age from 31 to 52, with an average age of just under 38, and were used to climbing to altitudes of at least 4,000 meters several times a year. The climbers' MRI brain scans were compared with those of 19 age- and sex-matched healthy control people. A number of neuropsychological tests were also carried out to assess the climbers' cognitive abilities, including memory and motor functions. On scans, the climbers showed a reduction in both white and gray matter in various parts of the brain. Overall, the researchers found that the cognitive abilities that were most likely to be affected were the climbers' executive function and memory. The study authors noted that the results "are most likely to be due to progressive, subtle brain insults caused by repeated high-altitude exposure."

Other studies have shown links between brain problems and repeated exposure to extreme conditions. In 2007, researchers at New York University noted that high-altitude illness is a growing concern in sports medicine. About 20 percent of tourists to Colorado report acute mountain sickness, and complications arising from sports activities at high altitudes, such as potentially fatal conditions of pulmonary and cerebral edema, are on the rise.

Full details of the study are in – M.D. Paola et al. 2008. Reduced oxygen due to atrophy in motor-function brain areas. European Journal of Neurology, Vol 15, p. 1050-1057.

Motorized recreation – an update

Comment by M. Feller

This winter has seen increasing snowmobile incursions in many parts of the Lower Mainland where they are not allowed, as well as careless irresponsible behaviour, such as screaming past a ski party tent near Big Buck Mtn. in Manning Park, or pushing a snowmobile down a slope with no one in it, while the rider snowboards down and backcountry skiers are downslope. We have been confronted with an epidemic of irresponsible, ignorant motorized louts. To document this activity, a page on the website bivouac.com has been established for people to record their experiences and concerns. If you have come across irresponsible behaviour or snowmobiles appearing where they shouldn't, please register this with bivouac.com.

This can be done by accessing the website, then clicking on – site index; snowmobile regulation; snowmobile zoning infraction database; then following the instructions.

Where snowmobiles shouldn't be is shown on the map on p.5.

Summer trails and alpine meadows are also being trashed by ATVs. Brandywine meadows succumbed last fall and more recently a section of the Trans Canada Trail in the Chilliwack Valley has been churned into a quagmire by the summer equivalents of snowmobilers. As the Trans Canada Trail was designed for multiple recreation use, one can't get too excited by this incident as ATVs were allowed there and only someone from another planet might not expect them to damage a trail.

Coming back to winter backcountry recreation in the Squamish-Pemberton region, the provincial government has recently (March, 2009) finally approved many winter recreation zones in the Sea-to-Sky LRMP. The LRMP report came out last year, but no non-commercial (public) winter recreation zones had been approved. These zones have finally been approved except for, 1)



Horrific trashing of Rainbow Lake by snowmobilers. This is an area where snowmobiles are not allowed and many snowmobilers know this. Photo taken in early April by C. MacMillan.

Ure Ck. where negotiations continue with the Lil'wat First Nation, 2) Tricouni Lakes and 3) Brohm Ridge areas. The latter two involve negotiations with the Squamish First Nation, complicated by the Brohm Ridge ski resort application and potential displacement of the Brohm Ridge snowmobilers, who want to have a corridor through Garibaldi park to Whistler, access to the Tricouni Lakes area (the Squamish First Nation does not want this), and a major corridor up Chance Ck.

The August, 2008, LRMP report contained an appendix listing management direction for the different proposed (at that time), recreation zones. The zones have now been accepted but the management directions are considered to be only "information and guidance" to management agencies. It is unclear why the government did

not accept the management directions as policy. However, as the government has also provided no funding to ensure motorized users respect the zones, recreation management continues to be non-existent and suspect.

The zones are shown in the map on p.5. Thus, snowmobiles are not allowed in the dark and light purple areas and helicopter access for skiers is allowed in the dark purple (RA1-A) areas. If you encounter snowmobilers in the Mountain Lake cabin area, the Woodfibre-Tantalus, Ashlu above the main road, Ashlu-Elaho divide, Sims-Clendenning, North Ck.-Salal Ck. (except the road and trail up Salal Ck. and the Boomerang Glacier-Thiassi area), Phelix Ck. up valley from the valley to Prospector Pks., the South Ck.-Overseer-N Pemberton Icecap, Miller Ck., and the large North

Joffre-Lizzie Lake areas, they shouldn't be there. Please report them to the bivouac.com website. The BC government has also established a Sea-to-Sky LRMP implementation committee to ensure (!) that the LRMP recommendations are actually implemented. The two FMCBC winter backcountry non-motorized recreation representatives on this committee are Bryce Leigh and one of your editors – Michael Feller. If you have any concerns about what is or is not being implemented, you can also contact Michael (604-270-4050 or feller@interchange.ubc.ca).

Trip reports

Big Buck Mtn, 7-8 March, 2009

Snow and a bad weather warning resulted in a delayed meeting time in Hope, but there we assembled around noon before heading off to Manning Park. While sorting out gear in the carpark, Ehleen and Erich, who were to join us on Sunday, drove up to tell us they would be thinking of us in our tents that evening while they were ensconced at Manning Park lodge!

The ski in up Fat Dog Ck. was initially uneventful. Several parties snowshoed or skied down past us while we plodded up under cloud and light snow. In the upper valley, Mazy stepped off the ski trail on the road to let some cross country skiers pass down. She was rewarded with a sobering experience – the snow sunk with a large woompf and a deep crack shot along the road embankment, which was only 2m high. This was the first suggestion that the avalanche hazard might be very high. Further on we left the road and ski trail to find a suitable campsite. Every few metres the snow would collapse with accompanying cracks. The slab avalanche hazard was definitely very high.

A suitable campsite with a reasonable supply of firewood – one of the main criteria – was soon found and camp was established as the snowfall increased. A cheery warming fire, appreciated in the -15°C temperatures, kept us up for an hour or so after dark, but the cold tents eventually had to be entered. Light snow and cloud during the night prevented the temperature dropping lower.

Dawn on Sunday saw us jumping or staggering, in the case of the organizer, up into a cold snowy

day much like the previous one. Ehleen and Erich arrived around 8am after a 6.30am departure from the carpark, then up the broken trail we all went. The wind started around treeline and the sun started peering out through the high cloud and snow. The trail goes up onto a broad ridge which leads up to the main ridge between Three Brothers and Big Buck mountains. The snow on the broad ridge collapsed intermittently, deterring us from skiing steep slopes off the ridge. The wind, low temperatures, and snowy haze, also contributed. Without looking at the map, we headed up what we thought was Big Buck Mtn., reaching a snow bump on the mountain – one of many, not the highest, but a high point nevertheless, before we retreated behind some trees to prepare for the ski down. This was uneventful and the snow was superb and very forgiving – 40cm of fresh powder over a hard base. A warm lunch spot in an opening in the trees was a bonus, given the generally cold and snowy weather.

Ehleen and Erich left and we headed back to break camp. There I pulled out the map only to find that we had skied up the bump on the ridge between Three Brothers and Big Buck – another case of geographical embarrassment! On the ski down the road our French contingent, François, decided he needed some air time to make up for the overly gentle slopes we had been on. He skied off the road up into a small opening, which had two large mounds of snow over rocks. There he jumped, with a full pack on, without batting an eyelid. Humbled, we skied on, then down to Hope for dinner at the Home restaurant. Given the very high avalanche hazard and the much less than pleasant weather, the trip was almost a success.

Big Buck Mtn. has been the scene for snowmobile trashing of backcountry skier's experiences this winter, with 2 parties reporting snowmobiles, including deliberate harassment - this in an area which is clearly off-limits to snowmobiles. However, no snowmobiles, or even snowmobile tracks were observed this weekend.

Party: Mazy Baker, Denis Lalonde, François Mettra, Ehleen and Erich Hinze, Evelyn Feller and Michael Feller (organizer and reporter).



Scenes from Big Buck Mtn., including the evening fire and François getting air time. Photos - F. Mettra (top and middle right) and M. Feller (all other photos)