

# CLOUDBURST

**Non-motorized, outdoor recreation is good for our health and BC's economy**

**South Okanagan Trail Alliance makes trails work with local land owners and managers**

**Kootenay Mountaineering Club celebrates 50 year anniversary**





*The Federation of Mountain Clubs of British Columbia (FMCBC) is a non-profit organization dedicated to the conservation of and the accessibility to British Columbia's backcountry wilderness and mountain areas*

Membership in the FMCBC is open to any club or individual who supports our vision, mission and purpose. Member fees go towards furthering our work to protect and preserve the backcountry for non-motorized recreation users. Member benefits include a subscription to our *Cloudburst* newsletter, monthly updates through our FMCBC E-News, and access to an inexpensive third-party liability insurance program.

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SW BC Trails: Alex Wallace & Patrick Harrison  
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*We would like to thank  
**Mountain Equipment Co-op**  
for supporting the FMCBC through their  
generous contribution of office space  
from which to base our administration.*

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**Cover Photo by Jeremy Plotkin**  
Jacob McGill and Orlanda-Lee Kalafut  
on Mt. Gandalf  
August 10, 2013  
Learn more about Jeremy's photo  
on page [12](#)

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# The Federation of Mountain Clubs of BC

## *Working on your behalf*

The Federation of Mountain Clubs of BC (FMCBC) is a democratic, grassroots organization dedicated to the conservation of and the accessibility to British Columbia's backcountry wilderness and mountain areas. As our name indicates we are a federation of outdoor clubs with a membership of approximately 4900 people from 32 clubs across the province. Our membership is comprised of a diverse group of non-motorized mountain recreationists including hikers, climbers, mountaineers, trail runners, backcountry skiers and snowshoers. The FMCBC also has several individual members who are not affiliated with any club, but share our concerns and interests.

The FMCBC recognizes backcountry hikers, mountaineers and ski-tourers to be a traditional user group of BC's wilderness and mountain areas and represents their rights province-wide to freely access and enjoy a high quality experience. As an organization, we believe that the enjoyment of these pursuits in an unspoiled environment is a vital component to the quality of life for British Columbians and by acting under the policy of "talk, understand and persuade" the FMCBC advocates for these interests.

Membership in the FMCBC is open to any club or individual who supports our vision, mission and purpose as outlined below and includes benefits such as a subscription to the FMCBC newsletter *Cloudburst*, monthly updates through the FMCBC E-News, and access to an inexpensive Third-Party Liability insurance program.

FMCBC's **vision** is that British Columbia's backcountry is shared amongst all recreational users in a way that self-propelled users have reasonable access to an enjoyable experience.

FMCBC's **mission** is to advocate for safe, self-propelled activities (such as hiking, mountaineering, backcountry skiing, snowshoeing, trail running and other backcountry activities) and the protection of BC's backcountry for current and future generations to experience.

FMCBC's **purpose** is:

- To represent clubs and the public interested in non-motorized backcountry recreation in BC, and to advise and take action on their behalf in matters which may impact their backcountry recreation experiences.
- To make recommendations to government and non-government organizations regarding the protection of and access to BC's backcountry and trails.
- To encourage self-propelled backcountry recreation, and to promote low-impact and safe practices.
- To promote the development and maintenance of a system of trails in BC.
- To promote the sound management and preservation of BC's backcountry recreation resources.

The FMCBC fulfills its purpose with a comprehensive approach to mountain recreation and conservation by:

- Participating in provincial land use decision processes
- Working to positively change government agency policies so that self-propelled outdoor recreation opportunities are recognized and protected
- Representing wilderness as a legitimate land use and a resource of identifiable value to society
- Advocating for new parks and wilderness resources, and working to maintain the integrity of existing parks and wilderness resources
- Advocating for improved access to existing recreational resources
- Supporting the building, maintaining and protecting of hiking and mountain access trails
- Promoting non-motorized and self-propelled recreation activities in BC's mountains and wilderness
- Educating its member and the public on mountain and backcountry safety issues and working with member clubs to address risk management issues
- Promoting membership within our member clubs
- Negotiating with insurance brokers to provide extensive liability insurance coverage for our members clubs

At the core of FMCBC's projects, issues and successes are the countless hours donated by dedicated volunteers from our member clubs across the province. Much of the FMCBC's work is done through committees including our Trails Committee and Recreation and Conservation Committee. With the exception of part-time assistance provided by the FMCBC's Program and Administration Manager, work on these programs is done mainly by volunteers. Without these volunteers the FMCBC would not exist and we appreciate all those who have volunteered in the past or are current volunteers and we encourage others to join us to help us reach our vision. ■

## President Report

Scott Webster, FMCBC President

**A**t long last we have completed our research project with Simon Fraser University (SFU). The results are presented in two reports: *The Non-Motorized Outdoor Recreation in British Columbia in 2012: Participation and Economic Contributions* report and the *Health Benefits of Non-Motorized Outdoor Recreation: A Summary of Published Findings* report.

The first of these reports describes the results of our survey that investigated participation in outdoor recreation in British Columbia. Information regarding participation rates, economic contributions, travel distances and more is presented with a focus on non-motorized activities. The second report provides a review of current literature regarding health benefits of non-motorized outdoor activities, with discussion of the unique benefits of wilderness activities as opposed to urban exercise. Introductory summaries of these documents are presented in this issue of Cloudburst and the full reports are available on our [website](#)

In late December we discovered a critical gap in our Commercial General Liability policy coverage. Some unfortunate mistakes on behalf of our broker/insurer led to a situation where we were lacking coverage. Our Insurance Committee worked diligently over the past several months to try to rectify the issue with our broker. When it was found that they would not be able to provide the coverage clubs need the committee decided to request proposals from a few other brokers. We were trying to avoid having to go down this path, but a solution needed to be found.

The committee recommended hiring legal counsel to review the policy wordings before binding coverage. The FMCBC Board of Directors approved the expense and a lawyer was hired to review the two proposals which we received. The committee selected Aon Risk Solutions as our new broker and all clubs participating in our insurance program were alerted to this decision. Rates will remain close to the same as in previous years and we are satisfied with the policy brought forward by Aon. We feel that the coverage they are providing will protect our clubs much better than what we had in place over the last two years. So, after a difficult few months, we seem have a happy ending to our insurance issue. We appreciate all those who assisted us with finding the improved coverage.

Finally, I'd like to welcome James Proctor to our organization as Treasurer. James brings significant accounting experience to the position and is already helping us to improve our record keeping practices and policies. ■

## Summarized Study of Non-motorized Outdoor Recreation in BC

Brian Wood, FMCBC Advocacy Committee Chair

### Introduction

This is a brief review of the 60 page research study conducted by Simon Fraser University (SFU) on behalf of the FMCBC.

### Purpose

This research estimates participation rates and economic contributions associated with 28 non-motorized outdoor recreation activities in British Columbia for the year 2012. Data was gathered using an Internet based survey designed by SFU in consultation with the FMCBC. The survey was conducted by Research Now ([www.researchnow.com](http://www.researchnow.com)), an established online research company, based on a panel of respondents from the general population across BC. The respondents were sampled on a random basis to answer questions covering their participation in a wide range of outdoor recreational activities. This study was funded by the Federation of Mountain Clubs of BC, an organization of physically active mountain-based recrea-



Scott with his son, Joel, in Chinguacousy Park in Brampton, Ontario

Anne Webster

tionists, and so the questions are focused on self-propelled activities away from urban areas. This stands in contrast to less active forms of outdoor recreation in urban areas such as jogging, and other activities requiring a motorized vehicle for movement.

## Brief Summary

50% of respondents reported participation in at least one of the outdoor recreation activities listed in the initial questionnaire, which included both motorized and non-motorized activities. 48% engaged in non-motorized outdoor recreation at least once during the year 2012. The five most popular activities overall were:

- hiking (40%)
- fishing (18%)
- motorized boating (13%)
- snowshoeing (11%)
- in-bounds lift-assisted skiing (11%)

The five most popular non-motorized activities overall were:

- hiking (40%)
- fishing (18%)
- snowshoeing (11%)
- flatwater kayaking (9%)
- trail running (8%)

87% of respondents who engaged in at least one form of non-motorized outdoor recreation engaged in hiking, which was more than double that of the next closest activity, fishing. The total number of hiking days was nearly four times that of the second activity, fishing.

The results presented in this report demonstrate that non-motorized outdoor recreationists contribute significantly to the economy of BC. Using conventional statistical extrapolation, conservative estimates suggest that residents of the province collectively travelled more than 1.3 billion km to engage in non-motorized outdoor recreation in the year 2012 and that the direct economic contributions of their participation topped \$3.5 billion even before equipment purchases were considered.

## Survey Methodology

Over three thousand people completed the initial screening questions to determine which activities the respondent had participated in for 2012. A subset of people who had participated in non-motorized activities was selected to complete the entire survey. After application of con-

ventional screening techniques, 823 completed surveys were considered valid and their answers were recorded and statistically analysed. Appendices in the report compare the results of the study with generally similar research into outdoor recreation conducted by telephone interviews in 2013 by Tourism BC. Some activities in both studies are directly comparable and evaluations are made where results differ between the two studies. The results of the present study are consistent with a 2012 US study by the Outdoor Foundation that also suggests an upward trend in the proportion of people participating in non-motorized outdoor recreation activities.

In addition to the main random sample, a non-random sample limited to members of FMCBC clubs resulted in 281 responses that were kept separate from the main representative sample for analysis. This sample of FMCBC club members is meant only to serve as a basis for comparison between this specific type of interest group and the general population of BC as found in the representative sample. Not surprisingly, members of non-motorized outdoor recreation clubs reported significantly higher participation rates in both single-day and multi-day trips for all non-motorized activities compared with the general population of BC. Club members also reported lower participation rates in all motorized activities except snowmobile trail riding compared with the general population of BC.

## Definitions of Activities

To clarify the survey questions, care was taken to provide definitions to reduce confusion that can arise in these



Brian Wood



types of surveys, for example, “outdoor recreation” was defined to exclude primarily outdoor urban activities. Hiking, the most popular of all activities considered, was given a special definition in the survey, i.e. a minimum of two hours. The study included the core activities of the FMCBC which in the summer include hiking, trail running and climbing. Winter activities included cross-country skiing, snowshoeing, out-of-bounds skiing/snowboarding and backcountry skiing/snowboarding. Some generally similar core activities had relatively few participants, and for statistical purposes were combined to increase sample size and allow for more accurate statistical analysis. For example, ice climbing, rock climbing, scrambling and mountaineering have been combined and presented as “Climbing”. While not core activities, the study also included other non-motorized land-based activities, namely cross-country mountain biking and unassisted downhill mountain biking, and also water activities namely sea kayaking/canoeing, flat-water kayaking/canoeing and white-water kayaking/canoeing. Participants were asked to provide detailed information about three “Favourite Activities” for additional questions. The definition of non-motorized activities specifically excluded activities where a motorized vehicle was used to convey participants between periods of activity (e.g. lift-assisted skiing, assisted downhill mountain biking, snowmobile-assisted skiing). Like all motorized activities included in the survey, respondents were able to report participation in these activities but could not use them as “Favourite Activities.” Results from those who participated *exclusively* in consumptive activities such as fishing and hunting, and horseback riding were excluded from the survey due to the often-reduced demands of physical effort in these activities.

Other variables which were analyzed in the survey included frequency of participation in single day trips and multiple day trips, differences in participation rates across the province, distances travelled to pursue the activities, expenses associated with various activities, and demographic characteristics of the respondents.

## Economic Contributions from Different Activities

Based on responses to questions pertaining to the “Favourite Activities,” it is estimated that non-motorized outdoor recreation in BC generated over \$3.5 billion in economic activity for the year 2012. Single-day trips accounted for the bulk of this total (\$2.5 billion) with multi-day trip expenses making up the remainder (\$1.1 billion). The group of activities labeled “Climbing” generated the greatest average single-day trip expenses (\$116.55 per person per day). Hiking, the most popular non-motorized activity, generated average single-day trip expenses of

## Volunteer with the FMCBC!

Help us protect the backcountry for non-motorized users by volunteering a little or a lot—every bit helps.

We are looking for individuals with skills and/or experience in many different areas including social media, communications, grant writing and more.

Contact us for more info ([fmcdbc@mountainclubs.org](mailto:fmcdbc@mountainclubs.org) or 604-873-6096) or talk to your club’s FMCBC Director.

\$74.25 per person per day, and multi-day trip expenses of \$232.92 per person per day. Trail runners reported the highest average multi-day trip expenses of any activity subgroup (\$428.21 per person per day, and also the lowest average single-day trip expenses of any activity subgroup (\$55.99 per person per day).

## Outdoor Recreation Organizations

It was noted that outdoor recreationists sometimes join an organization of recreationists with similar interests, although this joining seems to be declining in our internet-dominated world. The study found that climbers were more likely to join an organized group (14.3%) than hikers (7.6%) or trail runners (9.8%). Climbers were also the most likely activity group to be members of informal groups (10.0%) compared with hikers (3.6%) and trail runners (3.9%). Hikers and trail runners who reported group membership were most likely to be members of a traditional outdoor recreation club (4.1% and 7.2% respectively).

## Conclusion

This study shows that a significant portion of BC’s population participates in non-motorized outdoor recreation, and this activity cumulatively contributes billions of dollars to the provincial economy. In addition to this physical activity survey, SFU also performed a scientific literature review of the health benefits associated with these activities which is summarised in the following article. This review confirmed that many physical and mental benefits arise from physical activity in natural settings. Both these studies support the position that public and private policy should be directed to improving public access to natural areas as found in parks, and ensuring that park infrastructure provides park visitors with a natural experience that permits enjoyable physical exercise.

You can read the full report at the FMCBC [website](#) ■

## SFU Health Benefits Review Summary

Mack Skinner, FMCBC Advocacy Committee

The purpose of this review is to summarize existing research into the health benefits associated with non-motorized outdoor recreation activities. So far academic research has paid scant attention to this topic, but over the past decade a number of interesting and innovative projects have been undertaken in several countries by health and social sciences, resulting in actual measurements of health effects. As physical inactivity and obesity are increasing in developed nations, understanding how public health can be improved through engagement in characteristic outdoor activities, is gaining importance. In particular, this review is focused on the following research questions:

- What specific outdoor recreation activities have been correlated with improved physical health?
- What specific benefits to physical health have been observed in correlation with participation in non-motorized outdoor recreation activities?
- Which health benefits are linked to which activities?
- What benefits to health are associated with time spent in natural environments versus urban environments?

Following are typical **health benefits** for the three most-studied outdoor activities:

### Hiking

- A ~50% reduction in the risk of coronary artery disease
- Improved heart functioning
- Improved insulin sensitivity
- Accumulation of lean body mass
- Reduced heart rate and blood pressure
- Increased generation of naturally-produced stem cells in the blood
- Reductions in LDL cholesterol
- Improvements in the perceived health of participants

Hiking at moderately higher altitudes (1700 m) have produced several of the above-noted benefits (improved insulin sensitivity, increased generation of stem cells) as well as lower levels of stress, and the body making better use of the nutrition it receives. Furthermore, some studies show the unique health benefit of reduced oxygen availability that is only available in a mountainous environment.



Adrian Lazar

Rock climbing is good for kids and adults alike!

### Alpine Skiing

- Enhanced hormone production
- Lasting improvements to resting heart rate and blood pressure
- Reduced risk of cardiovascular disease
- Increased efficiency in oxygen absorption
- Improved jump height, dynamic leg strength and balance in the elderly

### Rock Climbing

- Improved cardiovascular fitness and muscular endurance
- Improved aerobic function
- More efficient metabolism of oxygen
- Improved hormone regulation
- Improved physical strength and body composition in children

### Health benefits of being in a natural setting

Plenty of evidence suggests that simply being present in a natural setting accrues health benefits not seen in participants who spend their time in an urban environment. These benefits pertain to both mental and physical health and include:

- Heightened cognitive function
- Higher reported happiness
- Perceived rejuvenation
- Improved attention span
- Greater motivation to address life challenges
- Stabilized heart rate
- Reduced production of stress hormones
- Enhanced responsiveness to stimuli
- Heightened immune system function
- Increased production of anti-cancer proteins
- Increases in reported spiritual inspiration

## Economic costs of inactivity

In a time when inactivity has become a major public health concern, it is useful to consider the economic cost of that inactivity. A recent study referenced in the review looked at direct and indirect costs for seven chronic diseases associated with physical inactivity: coronary artery disease, stroke, hypertension, colon cancer, breast cancer, Type 2 diabetes, and osteoporosis. Using 2009 Canadian Health Measures data to measure inactivity, it was estimated the direct and indirect cost to Canadian governments annually to be \$6.8 billion.

## Conclusion

Given the apparent economic consequences of physical inactivity, it is important to provide the public with access to recreation that can improve health and prolong lives. Sufficient evidence exists to implicate non-motorized outdoor recreation activities as a means through which to encourage physical fitness. Several general health benefits such as improved cardiovascular fitness, reduced body fat, and improved strength can be accrued through participation in any of the possible activities. In addition to simply providing exercise, non-motorized outdoor recreation encourages participants to visit natural settings. This behaviour alone has been associated with unique physical benefits. Research into the body's immune system response to chemicals released by trees suggests that physical activity undertaken in a natural setting has the potential to provide two unique mechanisms by which to improve health. Time spent outside of an urban setting has also been shown to have a restorative effect on the mental processes of people who engage in it, leading to an improved outlook and a heightened potential to engage in further recreation. Once the cycle of improved health begins to take hold on a person, it creates a self-perpetuating pattern of positive behavioural choices. Extrapolated into the long-term and across a broad scale, non-motorized outdoor recreation has the potential to not only improve the quality of life of all Canadians, but it may ultimately help strengthen the national economy.

You can read the full report at the FMCBC [website](#).



Brian Wood

## SW BC Recreation and Conservation Committee Report

Brian Wood and Monika Bittel, Committee Co-Chairs and BCMC Members

### Park Amendment Act (Bill 4, 2014)

Along with many other concerned groups, the FMCBC sent its letter to the government objecting strongly to Bill C4, which will considerably weaken the protection afforded to our provincial parks. Basically, “research” for industrial purposes can now be permitted in parks for such things as utility corridors, which will be facilitated by park boundary adjustments as recently occurred with the Sea-to-Sky Gondola in the Squamish Chief Park. This Bill was rushed through the legislature with little debate before proclaimed into law. In our view, this amendments will make it all the more difficult to protect the integrity of our provincial park system.

### Off-Road Vehicle Act (Bill 13, 2014)

This Bill was finally passed into law to facilitate management of off-road vehicles (ORVs), such as snowmobiles and ATVs. Clear identification of the owners or users of ORVs is critical for implementation and management of non-motorized areas and ecologically sensitive areas. There are concerns that the Act doesn't go far enough in tracking ownership of used ORVs and in placement of licence decals so that the decals are clearly visible. Also, without adequate funding and procedures for monitoring compliance with the Act, we may not see major changes in irresponsible behaviour of some ORV owners and drivers.

### 21 Mile Creek, Sproatt Mountain and Rainbow Lake Area

This winter fewer snowmobiles and snowmobile tracks were observed within the non-motorized area. This is likely due to a number of factors: (1) implementation of a snowmobile trail use fee; (2) placement of signs and marker poles along the boundary of the non-motorized zone; and, (3) presence of two compliance and enforcement officers, who intermittently patrol the area. A relatively poor snow season likely also contributed to reduced snowmobile use of the non-motorized area but there is no doubt that the other efforts made a positive difference this season.

### Duffey Lake Corridor

In June 2013, several members of the FMCBC Executive met with Ed Ables, a Merritt-based Recreation Sites and Trails Officer, who manages recreation in the Duffey Lake



Corridor among other areas. We discussed the increasing conflicts between ORV users (i.e., snowmobilers and skiers and boarders who use snowmobiles to yo-yo in the backcountry) and non-motorized recreationists (i.e., backcountry skiers, boarders and snowshoers), as well as human waste and on-road parking issues. Several of the drainages have backcountry huts, legal and illegal, which attract visitors. And, while traditionally the Duffey Lake Corridor has been non-motorized in the winter and summer, there is no official zoning for recreation uses. We are not aware of any organized snowmobile clubs or groups, which regularly use this popular area, which makes it difficult to arrange a meeting between the various users. One suggestion to open dialogue between the different user groups is to try to arrange a meeting among area users by posting notices in the various huts.

## **Brew Hut, Tricouni, Cloudburst and Roe Creek Area**

Recreation zoning in this area remains unresolved, with the status quo (mixed use by default) favouring motorized users. The Varsity Outdoor Club (VOC) continues to try to have a good non-motorized access route to their club hut on Mount Brew. The VOC also wants to prevent motorized recreationists, i.e., snowmobilers in the winter and ATVs in the summer, from getting too close to their hut. Efforts are ongoing to have the three main stakeholders interested in management of this area, e.g., Powder Mountain Snowcats, the Squamish First Nation and the VOC devise a management plan, which is acceptable to all users and which can then be implemented by government. Expansion of logging and snowcat roads could facilitate summer access to the alpine areas by ATVs and winter access by snowmobiles, which is contrary to the interests of the three main stakeholders.

## **Garibaldi Provincial Park Management Plan Amendment**

After many delays the amended Management Plan for the Spearhead Area was released in March 2014. We were disappointed (but not surprised) to learn that Whistler Heli-ski's tenure in the Spearhead Range was extended to 2026, at which time, BC Parks is to make a recommendation on the future of heli-skiing in the Park. We will renew our request for a robust Heli-ski/Backcountry Skier Conflict Avoidance Protocol, which will be well publicised, so that there will be a documented record of conflicts between heli-skiers and backcountry skiers in this popular area. With the development of the Spearhead huts, an increase in conflicts between the two user groups is expected and it will be important that BC Parks has the necessary data when it makes its recommendation about the con-

tinuation of heli-skiing in the Park in 2026. The amendment to the Management Plan also confirmed that there is a need for a bridge over Fitzsimmons Creek to connect the Singing Pass Trail to the IPP access road on the north side of the creek. As Whistler Blackcomb now has a park use permit for their company, Extremely Canadian, which does guided extreme skiing in the Park, the FMCBC will pressure BC Parks to have Whistler Blackcomb contribute to the cost of the bridge. BC Parks has also provided direction for a huts proposal for the Spearhead traverse and we expect that the huts proposal will proceed to the next stage. While further studies of high elevation cross-country mountain biking are planned for other areas, there are no current plans to expand mountain biking into this area of the park. Full details of the Management Plan Amendment can be found at: <http://bit.ly/Garibaldi-MP-Amendments>

## **Sea-to-Sky Gondola**

Despite concerns about the process used to adjust the boundaries of the Squamish Chief Park for the benefit of the Sea-to-Sky Gondola, this project appears to have local support and is expected to be operational this spring. Some members, who were guided around the project, were impressed with the hiking trail and bridge improvements that have been implemented by the company. The access road to the upper gondola base will be gated but limited parking will be available on a lower portion of the road, which will facilitate access to the high country (i.e., Mt. Habrich and Sky Pilot) for those who do not wish to use the gondola.

## **Garibaldi at Squamish Resort (on Brohm Ridge)**

After a long delay, this project has been revived with a new plan to overcome original water supply issues. It appears that many Squamish residents do not support this project, particularly in view of the large number of condominiums that are planned. The FMCBC sent our submission to the EAO repeating our concerns about this project and its irreversible, negative impacts on nearby Garibaldi Park.

## **Cheakamus Community Forest**

Logging roads are to be de-activated after use but a trail has been built to an RV Park and a new bridge will provide access to the Brandywine Snowmobile trail, thus favouring motorized recreation in this area. Of concern is Metal Dome, which has become a popular day-trip backcountry ski destination. We are concerned that logging roads will provide snowmobilers with easy access to Metal Dome, resulting in conflicts between the two user groups.

## Golden Ears Provincial Park Management Plan

The new Management Plan was approved in November 2013 and there were no major surprises. We are encouraged by talk of more funding for trails. There could also be an increase in overnight accommodation for winter recreation.

## South Chilcotin Provincial Park Management Plan

BC Parks is accepting comments on the draft plan until the end of May. The prime issue is the increasing number of flights into wilderness lakes mostly by mountain bikers for day-trips. The Recreation and Conservation committee is working on a response and it will be posted on the website soon.

## Mount Seymour and Cypress Provincial Parks Ski Resorts Parking Problems

For more than two years, members of the Friends of Cypress Provincial Park and the FMCBC have met with BC Parks and operators/owners of the two North Shore mountain ski resorts to try to respond to insufficient parking on peak days. The ski resorts enjoy approximately 25 to 30 peak days each year - typically the Christmas/New Year holidays and the good weather weekends in January, February and March. On peak days, even if all available parking were dedicated to paying customers, there is insufficient parking to accommodate all paying customers, never mind the members of the public who wish to use the park for snowshoeing and backcountry skiing. As peak days are critical for the financial well-being of the ski resorts, the operators maximize parking for paying customers by directing non-paying customers (i.e., the snowshoers and backcountry skiers who wish to access the park) to parking areas furthest from the trailheads and lifts. This parking protocol is implemented even on non-peak days, so that non-paying backcountry users are required to park furthest from the lifts and trailheads even when the parking lots are empty and there are available spaces near the lifts and trailheads. Many organizations feel that the general public should have reasonable, unrestricted access to the backcountry in our parks. Parking and public access to the parks will be issues to be addressed during the Mt. Seymour Park Management Plan process, planned for September 2014.

## Trails Planning Meetings

This past year our members have attended several recreational trails management meetings, involving

many different user groups including horse riders, mountain bikers, motorized users and non-motorized users. These meetings tend to be annual, whole day affairs organized by province-wide organizations, such as the Trails Workshops organized by the Outdoor Recreation Council of BC and the Share the Trails Workshops organized by the Horse Council of BC. Other trail planning meetings occur several times a year, generally in the evenings. These other meetings tend to cover smaller geographic areas, e.g., the Chilliwack Recreation Advisory Group (CRAG) or the Whistler Trails Planning Working Group. As the number of trail users increases, there seems to be a greater need for such meetings. The meetings can improve communication and understanding among different user groups, which can help resolve disputes about which users can use which trails, determine how trails should be maintained, who should maintain them, etc. We have found that government agencies are sometimes willing to adopt into land use plans decisions which have been agreed upon by the relevant user groups. ■

**TRAIL MAPS**

- ★ Southern Chilcotin Mountains Trail Map
- ★ Chilliwack East Recreational Map
- ★ Chilliwack West Recreational Map
- ★ North Shore Trail Map

UPCOMING: Stein to Joffre Trail Map  
UPCOMING: S. Chilcotin Mountains Guidebook

- ★ ACCURATE, DETAILED, GPS-BASED
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## The trouble with trouble is that it starts out being fun!

Andrew Drouin, South Okanagan Trail Alliance

The South Okanagan is a hotbed of trail-building, with perhaps a half-dozen builders out on any given weekend, digging, pruning and cutting their way valley to mountain.

This enthusiasm, while laudable, is unfortunately overshadowed by a lack of consultation with land managers and land owners. BC has a long history of trail-building, and thanks to the efforts of many unsung builders - stretching back literally thousands of years, considering First Nations people used and cleared game-trails - it now sports countless single-track trails province-wide.

Perhaps it's this single-track legacy that entices folks to build, or maybe it's just hard-wired into some of us to create trails that allow freedom to roam valley to peak. Few however, like to face the reality that 2014 isn't like any other point in history, and that modern-day land managers and land owners are more keen than ever to assert an "ask before you dig" policy - and rightly so. In reality, this is simply a respectful way to deal with one's fellow man and woman, but just try to present that argument to an individual eager to dig a new trail and you're likely to hear some choice opinions.

Surprisingly, it's not always "the kids" who are responsible for our recent collection of unauthorized trails, jumps and stunts. More often than not, it's middle-aged / middle-class adult males with an urge to hike a new height of land or pilot a mountain-bike across an intriguing slope. An unfortunate side-effect of this enthusiasm is upset local land owners and managers, few of whom are keen to see people trespassing on their property and building trails and structures without so much as a word of introduction.

In many cases creeks are crossed haphazardly with rickety structures, trails are created which are steep to the point that they soon become erosion trenches and stunts are banged together of material that just happened to be handy, though perhaps not structurally sound in a seasonal outdoor environment.

It's all been somewhat of a quagmire to date, but the tide is (slowly) turning. It's not come to pass because clubs like the South Okanagan Trail Alliance - along with other trail alliances across the province - have decreed that "we've seen the light and it shall be so", but more often than not

because rogue builders show up at their job-sites and find government takedown notices pinned to their trailheads and structures.

The South Okanagan Trail Alliance is an offshoot and evolution of the Penticton and Area Cycling Association. While excellent for the cycling community, the bike club was not, by nature, involved with a wide range of non-motorized trail user-groups. In contrast, the trail alliance was designed from the ground up to incorporate input from hikers, bikers, trail-runners, equestrians, naturalists and anyone who shares a love for non-motorized recreational trail use.

From the beginning, the mindset of the club was to conduct every trail project "by the book". This 'book' actually consists of a trio of publications, including the International Mountain Bike Association's 'Trail Solutions' publication, along with American and Canadian Park Service trail manuals.

Our organization builds, maintains, signs and advocates for non-motorized recreational trails at every opportunity. Given that our area of influence covers nearly three hundred square kilometers, trail-opportunities exist in every direction and at every elevation, and we've found ourselves working with a wide range of land owners and managers.

Two years in, our strategy includes cooperative agreements with private, crown, NGO and several parks departments - and it's been overwhelmingly successful. We've signed land-use agreements with several of these organizations and sign-off on insurance waivers with the rest. Along the way, we've learned a lot about what each property manager feels is most important for a good relationship with us - and they are each unique.

Grazing lease-holders feel the effects of recreational trails as their cattle blindly follow newly established routes - even if that means coming down from their usual tri-season alpine rotation and wandering into urban subdivisions. Crown land managers are heavily focused on water crossings; we've gone so far as to research and submit 100 year (!) flow-rate studies on diminutive creeks in order to win their blessing on the installation of foot-bridges. Federal and Provincial parks staff are keen that we respect a broad set of guidelines, set out as the Forest and Range Practices Act, municipal parks staff are more concerned about public safety and aesthetics. NGOs, including The Nature Trust, The Land Conservancy and The



Nature Conservancy are obviously concerned with all of the above, as well as an array of plant and animal related issues.

Despite the fact that this sounds like running the proverbial gamut, it turns out to be a lot easier than that. The process includes a bit of homework and recognition that one of the most basic human values involves dealing with people in a respectful manner. At risk of sounding cliché, the “Do unto others”... mantra is absolutely the best policy.

For us, this belief is core to every interaction that we have with land-managers. We get it; these folks are just like us, with similar cares, desires and concerns about given situations. Nearly everyone has a boss, be it in the office or answering to the general public. They have families to come home to each night and friends that they like to hang out with and relax.

If all of this sounds incredibly easy and laden with basic common-sense, that’s because it is. Those of you reading this who are in the midst of trail-building or about to embark on a program of same; I wish you all of the support in the world. Following the simple formula presented in this article will guarantee your success!

For more information about the club, please visit us at [www.SouthOkanaganTrailAlliance.com](http://www.SouthOkanaganTrailAlliance.com) ■

**Stay up to date on current FMCBC News by [signing up](#) to receive our monthly E-News directly to your email inbox.**

## Vedder Mountain Trail Association Clean-up

Patrick Harrison, Trails Committee Co-Chair

On Sunday, 13 April 2014, the Vedder Mountain Trail Association held its 14<sup>th</sup> Annual Clean-up of Parmenter Road on Vedder Mountain. Members from the Chilliwack Outdoor Club, Hike BC, the Fraser Valley Mountain Bike Association, the Lower Mainland ATV Association, and the Vedder Mountain Trail Association participated. Seventy-five people turned out for the event. Coffee was provided by Clearbrook Coffee and Norco Cycles provided free water bottles for everyone. Richardo's pizza provided pizza at cost for this event. The event ran from 9 -12. Lots of garbage was hauled off the mountain. The majority of the volunteers came from the mountain bike community. ■

## Cloudburst Cover Photo Mt. Gandalf, August 10, 2013

Photo submitted by Jeremy Plotkin



One of my favourite hikes is to the Brian Waddington Hut, maintained by the UBC Varsity Outdoor Club. It’s a short hike to the hut from the trailhead (provided you have a high clearance 4WD vehicle), and the hut is a great base to explore the surrounding peaks of the Lord of the Ring Mountains – Mt. Aragorn, Shadowfax, Gandalf, and Peregrine. The scenery is stunning, and the top of Gandalf is strewn with huge blocks of granite, super fun to play and clamber upon. ■

**Note:** Use of the Brian Waddington Hut is discouraged from August 15 - October 15 every year due to Grizzly activity. No reservations are taken, but please see the VOC hut registration page to help coordinate use. A \$10 per person per night fee applies to pay for hut maintenance.

Hiking time: ~2.5 hours to Brian Waddington Hut  
Elevation gain: 470 m from trailhead to hut

### From Hut:

Hiking time to summit Gandalf: 3-4 hours ascent time  
Elevation gain: 669 m from hut  
Map: 92 J/10 Birkenhead Lake 27

## CLOUDBURST Cover Photo Contest

**If you have a winter photo that you think would make a great cover for our next issue please email it to us at [fmcbc@mountainclubs.org](mailto:fmcbc@mountainclubs.org)  
Please submit photos by October 1, 2014.**

## Kootenay Mountaineering Club Celebrates 50 Years

By Doug Clark,  
Kootenay Mountaineering Club

The Kootenay Mountaineering Club celebrates its 50<sup>th</sup> anniversary in 2014. The KMC existed as a section of the Alpine Club of Canada for its first 5 years, but separated when it could not or would not persuade sufficient numbers to sign up with the ACC. Today, the KMC numbers over 300 members and generally schedules more than 100 activities every year. Its membership resides primarily in the West Kootenays with most members within the Trail-Castlegar-Nelson area.

Fifty years ago the KMC's constitution stated the objectives of the club were to:

- Maintain a program of climbs during the summer season and ski touring trips in the winter and spring
- Serve as a nucleus for people interested in mountaineering and wishing to associate with others of like interests
- Maintain records of pertinent information on trips in the Kootenay area.

The club still does all of this, but 50 years ago the logging industry had not cut many roads into the mountains and access to some of the most beautiful Kootenay country was difficult. The early years of the club saw much of its efforts directed into cutting a trail into the Valhallas along Mulvey Creek from where, if not a first summit, then second or



third ascents could be launched. Technical climbing is not as central to the KMC today, but 50 years ago the KMC had weekly rock climbing classes and the early records abound with accounts of very technical climbs. Ski touring and hiking in Kokanee Glacier Park was and still is popular. The old Slocan Chief cabin, built in 1896 as part of mining operations in the Kokanee Glacier area, hosted many KMC winter and summer outings. The cabin still exists but today it houses historical information displays, with the new Kokanee Glacier Lodge becoming the main destination for overnight trips since it was built 10 years ago. In recent years, the numbers of back country skiers are increasing astronomically in all areas of the West Kootenays. While the KMC does not accommodate motorized recreation, the back country is becoming increasingly crowded with snow mobiles and commercial cat- and heli-skiing operations.

Highlights of the KMC's year are the three-one week hiking camp sessions and the Kokanee Glacier ski week, which are so much in demand that the club holds lotteries to select the participants. However, some things have changed in 50 years. The club doesn't do as much technical climbing as it used to and we need to get younger as most of our members are 45+. But we have the fittest seniors in the country! When the KMC isn't in the back country having fun, some challenges of a different nature are being taken on. The KMC wants to keep the Jumbo valley 'wild' and is rallying opposition to the resort's development and while access to the back country is better than it



was in 1964, we are starting to see many of the Forestry roads being decommissioned. Some of the favorite hiking and climbing destinations are once again becoming difficult to impossible to access.

On June 7, 2014, the KMC will host the FMCBC's AGM in Castlegar. We are partnering with the FMCBC to fill the 200+ seats in the Old Castlegar Theatre to hear guest speaker, Dave Quinn, a regular guest on CBC radio, talk about environmental issues in the Kootenays. We look forward to meeting Directors of various outdoor clubs from around the province and sharing concerns, solutions and inspirations. ■

We are pleased to welcome the  
**Alpine Club of Canada Whistler Section** and the  
**Outdoor Club of Victoria** as our newest FMCBC member clubs.  
Thank you for your support!

To learn more about becoming a member of the FMCBC by visiting our [website](#).

## Island Hiking Book to be revised

Eric Burkle

Vancouver Island Trails Information Society

Plans are underway to revise the current 13th edition of *Hiking Trails 1: Victoria & Vicinity* in the coming year. The Vancouver Island Trails Information Society would very much like to receive comments and input from hikers on southern Vancouver Island about possible changes or additions that would enhance the book and make for an even better hiking experience. The first edition was published back in 1972, and it was the first published trail guide for Vancouver Island and did much to increase the popularity of hiking on Vancouver Island.

Sales have been on an international scale, attracting tourists who want to come here to enjoy our great trails and scenery. Like all our guide books, the new edition will be released in hard copy and as an e-book. Please send your comments and suggestions to us by email at [trails@hikingtrailsbooks.com](mailto:trails@hikingtrailsbooks.com). If you provide us a write-up for a hike that is not currently in the book and that ends up getting included, you will be eligible to receive a free hard copy of the new edition. ■



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## Roderick Haig-Brown (1908-1976): Conservation-Preservation

Ron Dart, ACC-Vancouver

The 988-hectare Adams River recreation area was dedicated in 1977 and named for Roderick Haig-Brown, the eminent salmon conservationist and writer.....In 1991 Roderick Haig-Brown became a full Class A park.

James D. Anderson  
*British Columbia's Magnificent Parks:  
The First 100 years*  
pgs. 146-147

As the foremost conservationist in British Columbia from the late 1940s to the late 1960s, the internationally known fishing writer and naturalist Haig Brown fought conservation battles and promoted ecological ideas during a time of aggressive industrial expansion into the province's resource hinterland.

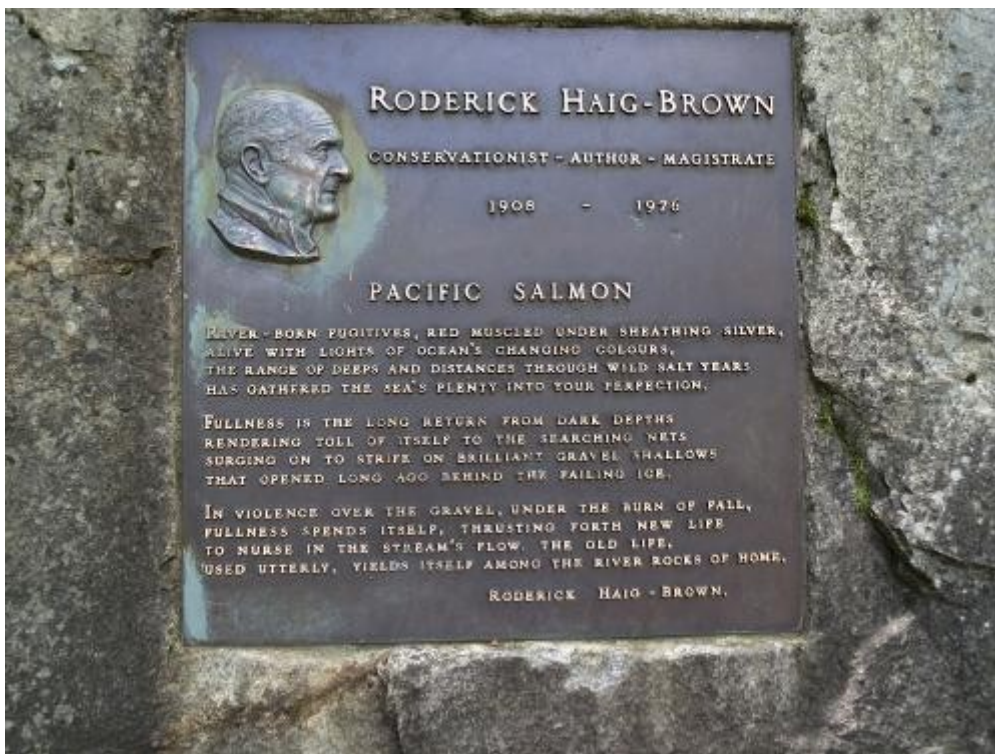
Arn Keeling  
"A Dynamic, Not a Static Conception":  
The Conservation Thought of Roderick Haig-Brown:  
(2002)

The historic conflicts about how to view and use Nature that occurred in the United States between John Muir and Gifford Pinchot has played itself out in Canada in a variety of ways. Pinchot, who became the chief forester in the US Forest Service in 1905 was a "conservationist". John Muir, founder of

the Sierra Club in 1892, was a "preservationist". The conservationist position tends to see parks as a resource that need to be managed for sustainable commercial use. The preservationist position sees parks (and much else) as not for profit wildness that should not be a plaything of mining, logging, hunting, trapping, city tourism, hydro, dams and many other entrepreneurial interests.

The founding of Roderick Haig-Brown Provincial Park in British Columbia in 1977 (a year after Haig-Brown's death) signalled that the life and writings of Haig-Brown had played a significant role in the conservationist-preservationist horn butting in British Columbia. Haig-Brown published more than 30 books and many articles that dealt with the delicate interplay of nature and humans. The publication of Haig-Brown's adult novel, *On the Highest Hill* (1949), articulated and anticipated the emerging ecological crises and "wars of the woods" of the 1950s-1970s just as the timeless and timely article, "Let Them Eat Dust", by Haig-Brown in *Measure of the Year* (1950) established Haig-Brown as a thoughtful writer that could not be ignored on the conservationist-preservationist tensions---the article is still required reading in some university courses and BC schools. Haig-Brown gave a lecture in mid-October 1953 at Victoria College entitled "Divine Discontent", and in the provocative lecture he challenged the students to be "discontent with things as they are, discontent with yourselves. But let it be a constructive and informed discontent"—Haig-Brown, the prophetic ecologist from Campbell River, was shaping the conscience of a new generation.

Haig-Brown was front and centre in the clash in the mid-1950s over Buttle Lake in Strathcona Provincial Park (oldest provincial park in British Columbia-established in 1911—excellent peaks including Golden Hinde and Comox glacier worth the treks), and his committed participation in the struggle elevated him to a leading figure in BC environmentalism. Many of Haig-Brown's later books such as *Writings and Reflections* (1982) and *To Know a River* (1996), edited by his daughter, Valerie Haig-Brown, made it abundantly clear that Haig-Brown lived the trying tension that so fragmented John Muir and Gifford Pinchot. The National Film Board short film on Haig-Brown, *Fisherman's Fall*, has



Ron Dart

Plaque in Roderick Haig-Brown Provincial Park with his poem *Pacific Salmon*

a meditative, almost Zen like quality to it---worth watching many times. Valerie Haig Brown has written a superb biography of her parents, *Deep Currents: Roderick and Ann Haig-Brown* (1997), which lightly landed on their early years, life in Campbell River and the many published books, articles and lectures on conservation-preservation issues both on Vancouver Island and elsewhere. *Deep Currents* is a fine primer that illuminates the commitment of Roderick and Ann Haig-Brown to face, from a variety of levels, the challenges presented to those who live the trying tension of conservation-preservation.

Adams River in Roderick Haig-Brown Provincial Park has one of the largest sockeye salmon runs in North America and in the autumn of 2014 (every 4th year), it will be a dominant run. The narrow river channel and gorge that the fish must navigate is a sight to see---indeed, a Canadian home grown wonder of the world. The fact that both the salmon run is so intense (water thick red at high season) and the park was named after Haig-Brown speaks much about the respect that Haig-Brown earned from those committed to the oft complicated clash between preservationists and conservationists.

The Haig-Brown home in Campbell River is now a Heritage Home and a Bed and Breakfast site worth staying at for a few days. The intricate and well wrought lives of Roderick and Ann Haig-Brown and their family can be followed and entered with growing interest for those keen to get a feel for the ecological challenges faced by those on the front lines of some of the environmental challenges of the 20<sup>th</sup> century in British Columbia.

There are 26 Km of trails in Roderick Haig-Brown Provincial Park (none too demanding or difficult---it's more what can be seen from the paths and visitor viewer platforms that makes the trail worth the ramble). There are

those who turn to the high peaks and ancient spires as mountaineers and the effort and skill needed to reach such summits are worthy of many a tale to tell. There are also, though, the multiple mountain rivers thick with foam and abundant with life and whose survival often hinges and hovers precariously in the balance. Roderick Haig-Brown was no mountaineer, but the battles he fought in the lowlands to preserve land, water, soil, fish habitats and spawning areas have much in common with those whose preserve the alpine and higher rock regions. The autumn 2014 dominant sockeye salmon run in Roderick Haig-Brown Provincial Park will be a sight not to miss. ■

## Rambler Ramblings

Dave King, Caledonia Ramblers

For many years the Cal. Ramblers have led weeklong backpacking trips to a variety of locations in central and northern BC. In 2013 we went into Kakwa Provincial Park which is east of PG in the Rockies near the Alberta border. We had been into the park on several previous occasions over the past 30 years. One can hike in but that is most of two days so we went in and out by helicopter. Last years trip centred on an area known as Moon Valley that is between Jarvis Lakes and Kakwa Lake. Moon Valley is not far from Mt Ida and was the



Dave King

Caldeonia Ramblers visiting the hoodoos along "Airplane Ridge" in Kakwa Provincial Park





Dave King

Boot repair in the backcountry

back drop to most of our day hikes and hike from Moon Valley to Kakwa Lake. It is karst topography with a few caves and many fossils in some locations.

The hoodos are on a ridge we call "Airplane Ridge" as it is flat enough and big enough to land a fixed wing plane on. Over the years we have had 3 or 4 instances where someone has had boots come apart. I now carry along good shoe glue and this year it was put to good use, We had Anne's boot fixed for use the next day. ■

## Cold Days and Shrinkage

Nowell Senior, Caledonia Ramblers

Dear Ramblers,

I forgot to tell you about one Sunday I was out snowshoeing at Driscoll Ridge with Kim, Lyle, and Ric. We were heading up the avalanche chute that leads to the lake on the west-end of the ridge, and feeling uneasy, I sidestepped into the reassuring presence of sturdy trees. It was a very cold day, and my face must have shrunk. I had noticed earlier that my top partial palate (my two-front-teeth), had been rattling around in my mouth, and my glasses had been slipping off my face.

Anyway, as I rested in the trees beside the chute, I bent down to cinch a strap; my teeth jumped out, and my glasses fell off.

With my teeth buried in the snow, and my glasses sliding down the slope, I froze to the spot afraid of reaching for one or the other. If I called out, my friends would rush over and disturb the snow, so I remained still, not wanting them to know that I was toothless and sightless; I yelled out that I was answering a call of nature, and that I'd catch up with them. Then, I began my teeth and glasses recovery plan.

First, my mitts came off, I squatted slowly, and gently raked the surface of the snow with my fingers until thankfully, I made contact with my teeth, and placed them back where they belonged. Then, my snowshoes came off, mitts went back on, and my nose took over the role of my fingers. Since I couldn't see where my glasses were, I could only hope to find them by following their tracks without disturbing the snow. I lay

down spread eagled, front down with as much of my body as far away as possible from the tracks, but with my face as close as possible to them. The trail left by my glasses resembled that left by the tail of a mouse, and I followed it by inching my body down the slope, and using my nose as a yard stick to keep my face close enough to the trail to see it, but far enough away to avoid disturbing the snow.

It took twenty minutes of such manoeuvring before I found my precious glasses held from sliding out of my life forever by a spruce cone lodged in the snow. On went my snowshoes, and off I went up the chute to meet up with my friends, teeth clamped in defiant resolve, and glasses secured to my head (a rather empty one), but one held high and determined not to look down.

When I joined the others at the frozen lake, they gave me questioning looks, thinking perhaps that nature's call was a severe and uncomfortable one. It was indeed, but not the kind that was perhaps in their minds. But, there are times when it is best to suffer in silence, and say nothing; after all, we endure most of life's little dramas within our own solitary consciousness, and they go unnoticed by those around us. Anyway, if you see me out snowshoeing on especially cold days with a tight lipped look upon my face and glasses harnessed to my head - you'll know why.

Adieu, with a handshake in thought. ■



## Why go hiking in Romania?

Cristina Jacob, North Shore Hikers

If you can detect a Romanian accent in this piece of travel writing, you got it absolutely right - I moved from Romania to Canada almost 40 years ago but the Romanian undertones are still present in both my writing and speaking skills - a subject of conversation with any new hiking buddy.

I am retired from a 30-year career in engineering, in good health and with enough money to finance my hiking fix. Every September, for three years now, I have been hiking in the Carpathian Alps, in Romania, and I have had such incredibly wonderful experiences that I decided to tell you about it. Maybe next year you will join me.

In 2013, just before my two weeks in Romania, I did some hiking in the Swiss Alps. So, with deep apologies to all my Canadian Swiss friends and to my son's girlfriend's family, I am going to compare my hiking experience in the two countries. You decide where and if you would join me next year.



Cristina Jacob

Great hikes and views in Romania

SWITZERLAND	ROMANIA
The cheapest accommodations are hostels, B&B's or mountain huts. They run at about \$50/person/night.  Hotels, restaurants and transportation are incredibly expensive for tourists. The Swiss offer deals for locals, but not for visitors. You have no Swiss connections you lose - your money I mean.	Renovated mountain chalets offer rooms for less than \$30/night for 2 people. Rooms are large, well appointed and with private baths. You can also stay in more rudimentary places for less money and less comfort.  Accommodation and food is at least 50% cheaper in Romania than anywhere else in Europe.
Transportation is incredibly expensive. A 100 km journey by train will set you back about \$100 for a one-way ticket. Buses are more than \$2 for a short intra urban trip. And they are all on time: they come and go at the posted schedule so if you are a bit late you are definitely out of luck!	Transportation is at a fraction of the Swiss cost. City buses or street-cars are 30 cents a trip, and there are many minivans and long distance buses that can be hired as needed. A trip to Istanbul is \$90 and to Croatia is \$70.
Switzerland is a very small country (about 150km by 200km) and the number of cows everywhere seems to be disproportionate to the available space. When you are on a trail you better watch your step or you can smell like cow dung for the rest of the day.	Romania is about 5 times larger than Switzerland and the cows are nowhere near you when you are hiking. You meet sheep and sheep-dogs, but their droppings are a lot more hiker-friendly than the cows'.
There is something to be said about starting your hikes at 2500 m and being able to walk in the alpine without much effort but, if you come from BC, how many gondolas can you really tolerate in your vacation?	The highest peak in Romania is just over 2500 m and to get up there you must travel through beautiful rolling hills, hike up gentle or steep trails, and enjoy landscapes and terrain that is both challenging and accessible to the average hiker.
And the wildlife? What wildlife? Oh, yes, I have seen the bears in Bern in a riverside enclosure.	Of course there is no comparison to what you can see in Canada, but Romanian hikers have seen wolves, foxes, rabbits, lynx and bears in their mountainous escapades. Your Canadian wildlife skills are all useful and totally transferable. However, do you know how to handle old churches and ruins from the Roman era?

In closing I would also like to share this with you. For many years Germany has been campaigning to dissuade Romanian tourists (including gypsies, I think!) from travelling to their country. Some smart Romanian advertisers decided to cash in on the German ads and they started a campaign of their own saying: **Yes Germany, you are right, we would not like it there (too far, too expensive) but we think that you would really like it here. Welcome to Romania!!!!** (The Romanian campaign promoting tourism to Romania won a European prize in advertising).

I am planning to go back hiking to Romania in September 2015! Email me if you'd like to come! [cjacob@novuscom.net](mailto:cjacob@novuscom.net) ■

## Flores Island Wildside Trail

Michael Paskevicius, Island Mountain Ramblers

Last weekend I hiked the [Wild Side Trail](#) on Flores Island north of Tofino with my friend Matt. We drove up to Ucluelet on Friday evening after work, took the opportunity to eat at the famous Hanks BBQ restaurant, and then camped in town for an early departure Saturday morning to the island. We had to take a water taxi from Tofino about 12kms north to the island of Flores. While departing from Tofino we got caught in the annual Whale Festival Parade and it was quite fun marching along with the floats with our gear as we approached the dock.

### Day one: Rain

The water taxi ride was a bit wild as we hit some decent swells and had very little visibility from the boat. Our water taxi driver kept us comfortable and safe however, and I got the feeling he had seen much worse conditions on this route. Arriving in the village of Ahousaht we were greeted by the friendly Wild Side Trail custodians and given a quick orientation on the voyage ahead.

Saturday was extremely rainy. We began our day in rain, arched out onto the trail in rain, and it rained right through

the day. As we left Ahousaht we had four dogs from the village follow us. We were requested to do our best to send the dogs back to the village as they would be vulnerable to wolf attacks on the trail and remote beaches. We did our best yelling at the dogs and trying to chase them back to the village. We managed to convince all but one dog, who seemed very insistent to join us on our trip. Beyond actually dragging this dog back to the village, we believe we did everything we could to try and get this dog to go back. As weather conditions became worse, with more wind on exposed beaches and horizontal rain, we reduced our efforts and just kept our heads down pushing along the trail.

The Wildside Trail is diverse in that you move from long stretches of beach walking to trail hiking through thick rainforest in the headlands. While hiking through the headlands we encountered massive puddles due to the insistent rain, each one providing an obstacle course to navigate. It became exhausting approaching puddle after puddle, trying to find a way around or through the obstacle, while restricted on each side by the thick forest.

Gradually the rain began to subside and we took stock of our situation: we were soaked thoroughly; we had a dog from Ahousaht with us that we wanted to protect from a



Michael Paskevicius

wolf attack; and our boots were soaked through from puddle dodging and relentless rain. We opted to head for the emergency shelter that we had heard about along the route. Both Matt and I had paper maps in our pocket which were completely soaked now and completely disintegrated as we tried to see where the shelter was located. We pushed on hopeful that the shelter would be on the trail, fortunately it was and we took refuge here.

After a brief rest we decided to try for Cow Bay, approximately 6km ahead, to take a peek at the beach and gather water in the river in that area. The beaches in this area were amazing, huge and sandy with rocky outcrops and pounding south coast surf. The rain had for the most part subsided now and we enjoyed walking with our canine friend, who seemed to be thoroughly enjoying himself! We encountered another cabin which was the home of a squatter, well equipped with solar panels, rain barrels, greenhouse and pretty nice looking cabin. We explored with caution and kept our distance, as you never know how a squatter on a remote beach on the West Coast of Canada might take to strangers. We had to cross one large headland to get to Cow Bay and this slowed our progress significantly. The puddles here seemed even larger than any we had seen before, and we decided to turn back as we ran short on daylight and were pretty exhausted.

## Day two: Ocean swells

On day two we slid our feet back into wet boots and set out again for Cow Bay. The weather had improved significantly and we faced overcast skies with very little rain. Amazingly we noted that the puddles encountered on the first attempt to pass the headlands had shrunk significantly making passage much simpler. Cow Bay was a huge stretch of beach facing west with massive pounding surf. Cow Bay has actually been listed by the Globe and Mail as one of the top beaches in Canada. We walked the length of the 2km beach and witnessed a number of rogue waves sweep the total width of the beach almost taking us down with them! At the north end of the beach we encountered a number of difficult headlands which we attempted to traverse to reach the northern beaches. There was a trail head which lead to the top of Mount Flores which we sought to find, however in the end we could not find it as it began at one of the unreachable northern beaches. This would be easier to do at low tide when one could simply walk around the headlands rather than trying to travel through them.

On the route back we explored a number of headlands and rocky outcrops. As the day closed we got a break as the sun made an appearance. I managed to capture a rainbow on the

horizon and then we were treated to an extraordinary West Coast sunset. We found a perch on the headland overlooking the crashing waves and enjoyed a beer! Yes we hauled beer on this trip and they ended up being some of the best tasting beers ever! The sun was actually warm and this was the highlight of the trip for me. Our canine friend found a spot in the grass beside us and soaked up some rays too!

## Day 3: Blue skies

On our final day we had near perfect weather with only a few spotty clouds in the sky. We had to walk back to the trailhead in Ahousaht and travel back to Tofino then Nanaimo so got an early start on the trail. The tide was low this day meaning we could avoid going through the headlands and managed to cross the beach in a number of spots, saving us a bundle of time.

Since we had more time we took a number of breaks to soak up the sun and enjoy the views. It was a near perfect day and pretty warm for mid March.

At this time I also realized we would soon have to say goodbye to our canine friend, who still did not have a name officially. We batted around the names Cinnamon, Ahousaht, Buddy, Seaweed and Pooch Monster but never settled on one. I had bonded quite a bit with the dog and a small part of me wanted to take him with me. He was a pretty wild guy though and really loved the beach. I tried to teach him to fetch with a stick but he would not play with anything but seaweed. So he would go fetch a piece of seaweed but no sticks.

As we walked back into Ahousaht our buddy joined his other dog friends who also joined us in a huge parade down to the docks. We quickly caught a water taxi and he tried to hop on board with us, was pretty sad to have to push him off. We spoke to a First Nations man on the boat about our adventure with the dog and he remarked that the dog is seen as a protector in their culture. Perhaps the dog had been protecting us on our journey along the Wildside Trail, while we assumed we were protecting him.

I believe the Wildside Trail is one of those must do hikes on Vancouver Island. I hope to do it again in the summer.

■



## ***Base Camp: 40 Days on Everest***

Dianne Whelan, Caitlin Press, 2014 (Book) &

## ***40 Days at Base Camp***

Dianne Whelan, (Produced and Directed) Rebel Sisters Productions, 2011(Film)

Review by Ron Dart, ACC Vancouver

We don't conquer the mountain, we conquer ourselves.

Hillary p. 36

We climb high to go deep inside.

Messner p. 77

*Base Camp: 40 Days on Everest* is a fast paced gem of a book that tracks and traces life at Base Camp and the transient yet symbiotic community of sherpas, climbers and climbing organizations who reached the summits of Everest and Lhotse (and those who did not) in the April-May season of 2010. Each chapter is short, compact and dramatic (a daisy chain of sorts consisting of people, scenery and events). The cycle of the book begins with the journey of Whelan to Base Camp, unpacks her mixed feelings and emotions when there, tells the story of a few climbers who braved the summits and concludes with her return to British Columbia—there is something quite confessional about the hastily written missive, but much wisdom packed into such an approach. The book also reflects on the historic significance of Hillary-Tenzing (and the many schools Hillary financed), the impact of climate change in the Everest area, the Sherpa industry, attempts to clean up the garbage dump of irresponsible climbers and Whelan's personal spiritual journey. There is sense that Everest is a canary ecosystem that can tell us much about the reasons for and consequences of our contemporary global environmental crises; *Base Camp* suggestively uses the literal and metaphoric reality of Everest to unveil our dilemmas in a poignant and pithy way.

*Base Camp* is also a primer of sorts on the various challenges to health when living at higher elevations—interpreting the symptoms are key to knowing when to ascend, remain or descend to lower levels on the mountain. Whelan had made an initial trip to Base Camp in 2007, but the 2010 trip from which the book emerged has a higher level of commitment to the complex ethos of Base Camp life and climbs of Everest and Lhotse. Whelan is not a climber, but her literary and filming

skills illuminate the nature of why Everest draws so many to her and the implications of not heeding the mountain queen and goddess. There are a few black and white photos in the book with a fine map of the route up to Lhotse and Everest.

It is impossible, when covering the geographical landscape of Everest, to ignore the pervasive impact of Buddhism (in its deeper monastic, cruder commercial and populist superstitious tendencies) and Whelan, to her journalistic credit, lightly touches down but does not land long on such a social reality. Many westerners have a worrisome way of becoming spiritual dilettantes when they encounter Buddhism, and when this occurs, the journey “deep inside” that Messner mentions, is missed—there is a sort of spiritual voyeurism at work in *Base Camp* that cannot be missed---moving too fast does conceal much.

*Base Camp* threads together, in an exquisite way, Dianne Whelan's journey with the reality of Everest mountain culture that brings together people from a diversity of traditions and is a delight of a read—certainly worth the purchase for those interested in an entry level understanding of significant portal points into mountaineering life at higher elevations and a form of Buddhism that exists in the rugged and often barren mountain terrain.

If Whelan is a prominent actress in the drama of *Base Camp: 40 Days on Everest*, then she virtually disappears in the earlier film version of her 40 days at Everest: *40 Days at Base Camp* was released in 2011, and it is a visual tour de force---in many ways, more appealing, graphic and to the compelling point than the book, *Base Camp*.



*40 Days at Base Camp* leads the curious viewer into the vast scenery, stark mountain images, glacier blue ice fields, climbers on vertical-horizontal ladders, base camp life and filmed recordings of those who successfully reached the summits of Everest and Lhotse and those who did not. Some of the images are quite startling such as bodies being recovered that had been frozen in glaciers for years, hands emerging from ice, burial procedures and the sheer delight of reaching ice packed summits—the complex web and network of life is embodied in all its rawness in a cinematic beauty. There is no doubt that Whelan knows how to tell a tale well through film and this is her obvious gift and strength.

*40 Days at Base Camp* is about 90 minutes in length and well worth many a watch. Those who are keeners for hard core mountaineering will find the book and film rather tame and introductory (it's no high adrenaline K2 nail biter), but for those simply interested in a good story both book and film are charmers, although the film is more gripping than the book—as mentioned above, Whelan is on front stage in the book, but in the film she vanishes like a mountain cloud.

Mountains are, in many ways, metaphors for the inner ascent and descent of the interior landscape and, as Hillary rightly noted, “We don’t conquer the mountains”---the wisest, in such a journey, begin the life long task of overcoming (or conquering) their ego (or shadow-dark side) that can so hinder and sabotage their life journey. *Base Camp: 40 Days on Everest* and *40 Days at Base Camp*, to their convincing credit, walk us into the deeper meaning of mountaineering of which Everest is but a metaphor and portal of the mountains and valleys of the mind. ■

## Ralph Gustafson

### *Rocky Mountain Poems*

(Vancouver: Klanak Press, 1960)

Review by Ron Dart, ACC-Vancouver

This must be the first book of poetry devoted to high mountains; certainly it is the first substantially to put the Canadian Rockies into the geography of Canadian poetry. They are a large subject; overwhelming and silencing. Great mountains do that. How, in symbolism or cartography, put eleven-thousand foot peaks of ice and rock and grandeur and challenge into a dozen or two lines? Ralph Gustafson, we believe, has done this, and without pretension.

Foreword

*Rocky Mountain Poems*

There has been a historic tendency when reflecting upon the literary life of the West Coast to assume that BC culture never truly matured, only coming into its creative best when the Beat and Counter Culture tradition of the 1960s arrived. Surely, there was no real West Coast and authentic Canadian literary tradition until the Americans taught us about such things.

The fact that Klanak Press was begun on the West Coast in the 1950s by a lively and thoughtful Canadian artistic community must be noted. It is equally important to recognize that Klanak Press published one of the earliest books of poetry on mountains by one of the best Canadian poets of the time: Ralph Gustafson.

*Rocky Mountain Poems* by Ralph Gustafson is dedicated to his wife Betty, and in many of the poems, set in the Rockies, the tenderness and gentleness between Gustafson and Bett shines through with much light and candor.

There are 18 poems in this collection, and the opening poem, ‘Into the Tonquin Valley’ eases the reader into Gustafson’s meditative reflections on mountains, hiking and the relationship between the ‘The crests snowpeaked above us’ and the dense forested floor beneath his feet.

Gustafson gazes to the white spires and says: ‘We went on, knowing there was no end to the majesty’.

The poetic path hiked brings into being such fine and exquisite poems as ‘On the Columbia Icefield’, ‘In the Valley of the Ten Peaks’, ‘At Moraine Lake’, ‘The Walk in Yoho Valley’, ‘On Yoho Pass’, ‘On Mountain Summit’ and ‘On Mount Revelstoke’. Each poem has an evocative appeal and allure that welcomes many a reread. *Rocky Mountain Poems* concludes with Gustafson and Bett taking to the Yukon, and ‘On the Yukon Run’ and ‘In the Yukon’ tells such a graphic tale well.

There is no doubt that *Rocky Mountain Poems* is a must read for those interested in the mountains in more than a literal and rock jock sort of way. This is not a technical manual on how to bag peaks or first ascents. *Rocky Mountain Poems* is a sensitive, delicate and nuanced contemplative missive on how to see the self in a deeper way and the meaning of mountains in a more reflective way--poets have a way of doing this, and Gustafson has done this in an appealing manner.

There is one minor irritation I have with the otherwise excellent collection of poems, and Gustafson should not be completely blamed for this. The lengthy spine of the

Rocky Mountains was the gem and jewel for most in the 1950s-1960s. Most turned to the Rocky Mountains when a growing interest in the towering crags drew them, and Jasper, Yoho, Columbia Icefield, Banff and Waterton were the places to be. But, British Columbia has many other alluring mountain ranges to ramble about in and climb: Purcells, Selkirks, Monashees, Cascades and Coastal Range. We do need more books of fine poetry and prose on these mountain meccas also.

We should be grateful to Klanak Press, on the West Coast, for bringing to us one of the earliest collections of mountain poetry. May other presses in BC build on the pioneering work of Klanak Press, Gustafson and mountain poetry that speaks so well across the decades since its publication.

## On the Edge

by Alison Levine

Review by Mike Nash, Caledonia Ramblers

*'On the Edge – the Art of High Impact Leadership'* is ostensibly about mountaineering and extreme adventure, written by a person well qualified in both. Alison Levine has climbed the *Seven Summits*, skied to both poles to complete the *Grand Slam*, led the first American women's Everest expedition, and has parlayed those experiences into teaching leadership to business and other wide-ranging audiences. Readers looking for a good adventure story will not be disappointed, but what sets this book apart is that it is really about life and business lessons, framed with mountaineering stories.

When choosing the team for the 2002 Everest attempt, Levine didn't just consider elite climbers. She wanted women who had the skills to succeed on the mountain, and just as importantly, a desire to be team players. During the selection process she asked two key questions: "*Would I trust this person with my life?*" and if yes, then "*Is this someone with whom I would want to spend two months in a tent?*" This resonated for me, as anyone who has been on a backcountry trip for any length of time knows the importance of choosing your companions well.

Each of the eleven chapters follows a particular theme, such as preparation, knowing when back is the right direction, networking, and building trust and loyalty. Each chapter links well to others, yet stands on its own with a clear lesson. The book opens with a message that grabbed my interest and made me to want to read on: "*Good leaders understand it's their duty to develop leadership skills*

*in others by routinely asking team members to step into roles of greater responsibility so that they grow as leaders themselves.*" She goes on to say that this makes the team more effective, and has the added benefit of preparing for worst-case scenarios.

In the section about coming up short and making the most of weakness, Levine begins with examples of successful businesspeople who overcame personal disabilities; and she then relates a page-turning account of her 2007-2008 unsupported ski to the South Pole. She unabashedly describes her own shortcomings that became evident to her and to her companions early on in the trek, and how she learned to accept support from them and to give back in other ways. She entreats the reader, "*instead of expecting others to overcome a weakness, get creative and find ways to help them compensate, which often involves leveraging hidden talents.*"

The chapter, '*Complacency Will Kill You,*' is well-placed just before the book's halfway mark. Again tying mountaineering choices to those made in business, she presents hard-hitting examples of 'experts' making flawed decisions that should give everyone pause. I wrote about what I called the *complacency trap* in the Fall/Winter 2013 issue of *Cloudburst*. In British Columbia we don't have to look any further than our highways, or to some of our natural resource industries where higher than average death and serious injury rates are invariably tied to complacency and a culture of risk-taking. But Levine also presents a counterpoint in a later chapter about ignoring rules where she shows that "*rigidity is just as dangerous as complacency.*"

She uses the section on personal credo (by which she means that which describes you or your purpose in life) to discuss her first major gig on the speaking circuit when she was asked at short notice to stand in for a keynote speaker at a large gathering in Las Vegas. The organizer expressed surprise to learn afterwards that she had stayed up all night in her hotel room preparing a custom presentation (that went well). "*Of course I would do that,*" she replied, "*why would you expect anything less?*" I got a sense of that credo when I contacted her with a cold call offer to review her book for *Cloudburst*. Obviously *Cloudburst* is not quite on the same level at the *New York Times* (Levine's book was already on its bestseller list) but her quick email back to me and a follow-up message a short while later to say that her New York publisher would ship a review copy the next day sure made me feel that it was.



*On the Edge* begins strongly and builds steadily, a fitting metaphor for the author's underlying messages about leadership, excellence and success. The final chapter, *Embracing Failure* rounds out her story with two key messages: those who have never failed might not have pushed themselves enough; and while failure itself is not a bad thing, failure to learn from it is inexcusable.

Alison Levine writes with an engaging style with frequent asides that bring a personal feel to the book. She breaks stereotypes by talking about going backwards and stressing the importance of egos. And she turns what could be a heavy subject into a fun read with a serious message and a sense of time well spent, making it easy for me to say that I highly recommend this book! ■

*On the Edge: The Art of High-Impact Leadership* by Alison Levine is published by Hachette Book Group, New York, 2014; hardcover, 272 pages with index and color plates; \$30 Can.

Mike Nash is the author of *Outdoor Safety & Survival* (Rocky Mountain Books, 2012) and *The Mountain Knows No Expert* (Dundurn, 2009).

## Burke and Widgeon: A Hiker's Guide

By Lyle Litzenberger 2014

Review by Ron Dart, ACC-Vancouver

The province also created Pinecone-Burke Provincial Park on the North Shore to fill a gap between Mount Seymour, Garibaldi and Golden Ears parks.

James D. Anderson  
*British Columbia's Magnificent Parks:  
The First Hundred Years* p. 2010.

Many are the fine guide books for various treks and rambles in British Columbia, but there has been a definite need for a compact, informative and finely crafted hiker's guide on the varied tracks and trails within Pinecone-Burke Provincial Park---Lyle Litzenberger, to his judicious credit, has produced just the book needed for those keen to wander and meander the beautiful, well forested trails and delight in the lakes of Burke and Widgeon.

*Burke and Widgeon: A Hiker's Guide* is an online book (this might appeal to some, to others it might be a road-block) that is divided into six sections: 1) A General Intro-

duction, 2) Location, 3) Safety and Ethics, 4) Mapping Issues, 5) The Hikes Overview and 6) Appendix with recommended reading. There are those who probably know little about Pinecone-Burke Provincial Park or the Burke and Widgeon trails covered in the hiker's guide; the section on the location of park fills in such details and does so in an exquisite way and manner.

The centrepiece and core of the book is The Hikes Overview. There are 28 hikes described that begin with the Harper Lake Short Loop and end with the Widgeon Lake Hike. Each of the hikes described includes an overview, trail description, map (elevation gain-loss) and, usually, some fine and enticing photographs of flowers, lakes and forested trails.

*Burke and Widgeon: A Hiker's Guide* is a must read and keeper for those interested and committed to exploring new views and vistas in the Lower Mainland of British Columbia. Lyle Litzenberger has done more than yeoman's service in stitching together such a serviceable and easy to read book on Burke and Widgeon. ■

### We would like to thank the following people for their past service on the FMCBC Board of Directors:

Ben Heemskerk (BBSS)  
Jared Kesteven (VOC Okanagan)  
Chloe Williams (VOC UBC)  
Doug Smith (KHC)

### We would like to welcome our newest FMCBC Directors:

Mark Huscroft (BBSS)  
Pam Munroe (CDMC)  
Emilie Gibeau (VOC UBC)  
Jeff van Santen (VOC Okanagan)  
Ken Orr (COC Co-Director)

### We would also like to welcome our new Treasurer: James Proctor

Thank you all for volunteering your time with the FMCBC!

## Honouring Frank Baumann P Eng (1947 – 2013)



Frank Baumann was an avid outdoors enthusiast, accomplished mountaineer, avalanche hazard expert and good friend. As an undergrad Engineering student at UBC he was very active in VOC where a photo of him summiting “The Hermit” on Mt Tupper in Rogers Pass graced the cover of the 1968 VOC journal. Later, he joined the BCMC and volunteered with the Whistler Ski Patrol. Frank summited Warbler Ridge on

Mount Logan in 1977, as well as Mount McKinley, and climbed the Stawamus Chief on numerous occasions. Frank was a notable, passionate and often outspoken member of the local mountaineering community. He did not hesitate to opine on issues & matters where safety was at stake and where he felt his expertise could be of help. He came to be known as a respected avalanche hazard assessment expert and supported the Spearhead huts project by conducting an independent slope hazard & avalanche evaluation of the proposed Pattison Hut sites. He also developed an introductory avalanche awareness program that was delivered with the assistance of other backcountry enthusiasts & taught for free to members of ACC and BCMC and at MEC.

Frank was a registered member of the Association of Professional Engineers and Geoscientists of BC (APEGBC) and a leading expert and consultant in geologic engineering. In recognition of his many significant contributions to the profession and our community a few “Friends of Frank” and the APEG Foundation recently began work to establish the “Frank Baumann Bursary” in his honour. The goal is to raise \$50,000 to fund an annual award of about \$1,500 in perpetuity, to a deserving (BC resident) student enrolled full-time in 3<sup>rd</sup> or 4<sup>th</sup> year engineering geology studies at a Canadian university. \$36,000 has been raised to date. Trustees of the APEG Foundation will administer the bursary and issue tax deductible receipts. Donations to help reach the goal of raising sufficient funds to support a self – sustaining annual award in honour of Frank’s memory can be made by cheque:

Payable to           APEG Foundation  
Memo Line          “Frank Baumann Bursary”  
Mail to:           #200-4010 Regent Street, Burnaby BC V5C 6N2

A Donor Letter of Intent can be accessed at <http://bit.ly/Baumann-donation>

If donors have any questions please contact APEGBC at 604.430.8035 or toll-free 1.888.430.8035.



# FMCBC Member Clubs

## CENTRAL INTERIOR

Bulkley Backcountry Ski Society  
[www.bbss.ca](http://www.bbss.ca)  
Caledonia Ramblers Hiking Club  
[www.caledoniaramblers.ca](http://www.caledoniaramblers.ca)  
Fraser Headwaters Alliance  
[www.fraserheadwaters.org](http://www.fraserheadwaters.org)

## NORTH COAST

Mount Remo Backcountry Society  
[www.mtremo.ca](http://www.mtremo.ca)

## METRO VANCOUVER

Alpine Club of Canada – Vancouver  
[www.accvancouver.ca](http://www.accvancouver.ca)  
Alpine Club of Canada – Whistler  
[www.accwhistler.ca](http://www.accwhistler.ca)  
BC Mountaineering Club  
[www.bcmc.ca](http://www.bcmc.ca)  
Friends of Garibaldi Park  
[www.friendsofgaribaldipark.org](http://www.friendsofgaribaldipark.org)  
Hike BC  
[www.nationalhikingtrail.org](http://www.nationalhikingtrail.org)  
North Shore Hikers  
[www.northshorehikers.org](http://www.northshorehikers.org)  
North Vancouver Outdoors Club  
[www.northvanoutdoorsclub.ca](http://www.northvanoutdoorsclub.ca)  
Outsetters Club of Vancouver  
[www.outsetters.org](http://www.outsetters.org)  
SFU Outdoor Club  
[www.sfuoutdoors.wikidot.com](http://www.sfuoutdoors.wikidot.com)  
Valley Outdoor Association  
[www.valleyoutdoor.org](http://www.valleyoutdoor.org)  
Vancouver Rock Climbing Group  
[www.vrcg.ca](http://www.vrcg.ca)  
Varsity Outdoor Club UBC  
[www.ubc-voc.com](http://www.ubc-voc.com)

## FRASER VALLEY

Backroads Outdoor Club  
[www.backroadsoutdoor.ca](http://www.backroadsoutdoor.ca)  
Chilliwack Outdoor Club  
[www.chilliwackoutdoorclub.com](http://www.chilliwackoutdoorclub.com)

## SOUTHERN INTERIOR

Kamloops Hiking Club  
[www.kamloopshikingclub.net](http://www.kamloopshikingclub.net)  
Kootenay Mountaineering Club  
[www.kootenaymountaineering.bc.ca](http://www.kootenaymountaineering.bc.ca)  
South Okanagan Trail Alliance  
[www.southokanagantrailalliance.com](http://www.southokanagantrailalliance.com)  
Varsity Outdoor Club Okanagan  
[www.ubco-voco.com](http://www.ubco-voco.com)

## VANCOUVER ISLAND AND ISLANDS

Alberni Valley Outdoor Club  
[www.alberniavalleyoutdoorclub.wordpress.com](http://www.alberniavalleyoutdoorclub.wordpress.com)  
Alpine Club of Canada – Vancouver Island  
[www.acvvi.ca](http://www.acvvi.ca)  
Comox District Mountaineering Club  
[www.comoxhiking.com](http://www.comoxhiking.com)  
Friends of Strathcona Park  
[www.friendsofstrathcona.org](http://www.friendsofstrathcona.org)  
Island Mountain Ramblers  
[sites.google.com/site/islandmountainramblers](http://sites.google.com/site/islandmountainramblers)  
Outdoor Club of Victoria  
[www.ocv.ca](http://www.ocv.ca)  
Quadra Island Outdoor Club  
[www.qioutdoorclub.org](http://www.qioutdoorclub.org)  
Vancouver Island Spine Trail Association  
[www.vispine.ca](http://www.vispine.ca)  
Vancouver Island Trails Information Society  
[www.hikingtrailsbooks.com](http://www.hikingtrailsbooks.com)  
Victoria Outdoor Club Meetup  
[www.meetup.com/Victoria-Outdoor-Club](http://www.meetup.com/Victoria-Outdoor-Club)



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We're skiers, explorers, freeriders, freethinkers, trail blazers, star gazers, storytellers, travellers, good citizens, way finders, members – we're Mountain Equipment Co-op.

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