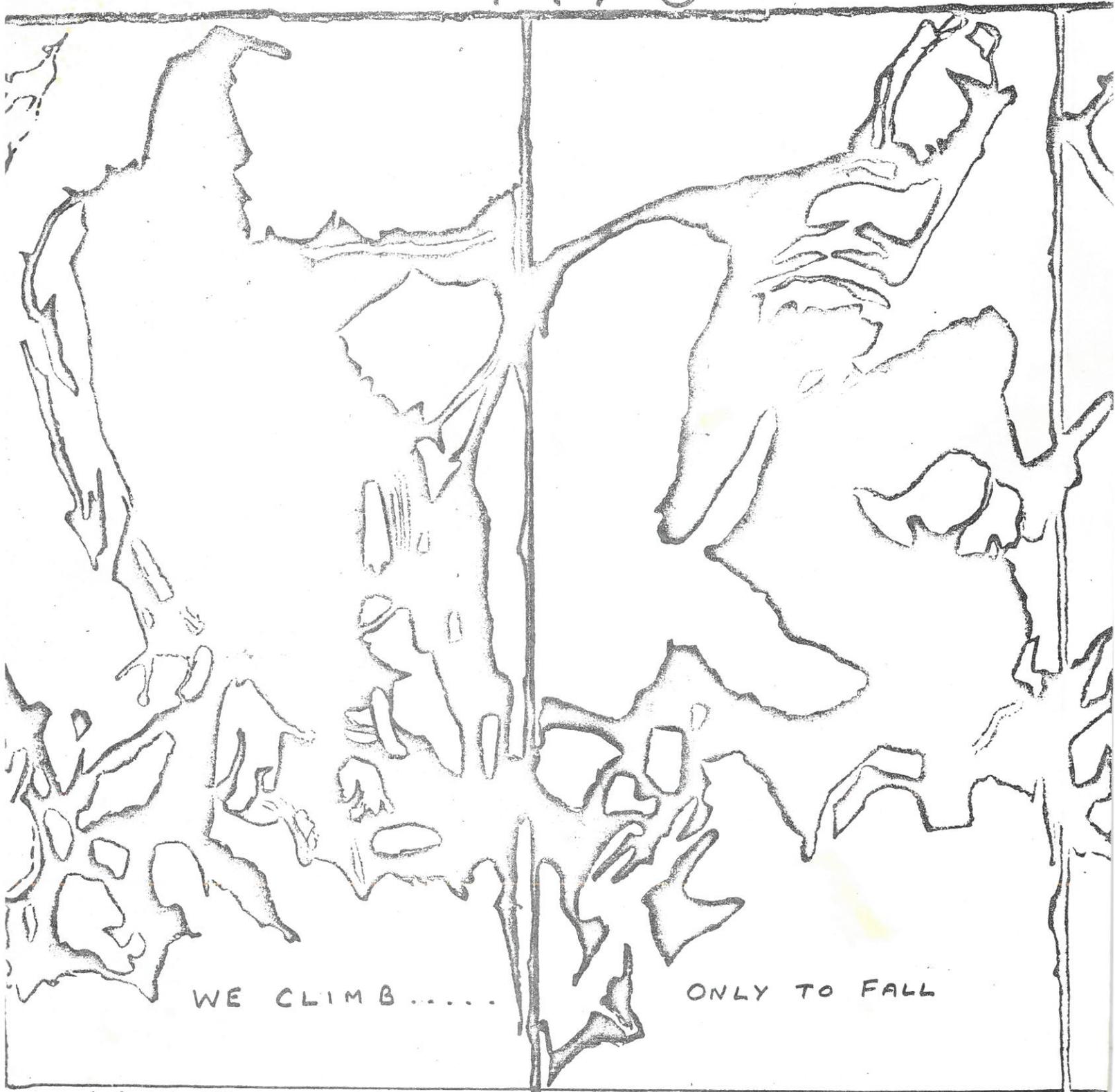


TIMBERLINE TALES 1976



WE CLIMB.....

ONLY TO FALL

INDEX

Page

| | | |
|-----|---|----------------|
| 1 | List of Officers and District Representatives | |
| 2 | Notes From the Editor | |
| 3 | Astoria Valley X-C Ski Trip - Christmas 1975 | Margaret Symon |
| 6 | Using Your Head To Keep Warm - Outdoor Canada | |
| 9 | Haslam Lake X-C Ski Trip - February, 1976 | Brian Johnson |
| 10 | Responsibilities of Trip Participants | Pal Horvath |
| 11 | Mount Washington X-C Ski Trip - March, 1976 | Pal Horvath |
| 12. | Paradise Meadows X-C Ski Trip - Easter, 1975 | Pal Horvath |
| 13 | Hot Springs Cove - April, 1976 | Brian Johnson |
| 14 | Beaufort Traverse - September, 1975 | Brian Foan |
| 17 | Mount Menzies X-C Ski Trip - May, 1976 | Pal Horvath |
| 18 | Mount Holmes - March, 1976 | George Kelly |
| 19 | Mount Arrowsmith Climbing School - May, 1976 | Ron Facer |
| 20 | Tit Mountain - June, 1976 | Mike Houlihan |
| 21 | Mt. Myra - June, 1976 | Mary Spoke |
| 22 | X-C Ski Race - April, 1976 | Mary Spoke |
| 23 | Mt. Finlayson - February, 1976 | Don Bolton |
| 24 | Mt. Waterloo - July, 1976 | Don Bolton |
| 26 | Mount Arrowsmith - August, 1976 | Lois Hubert |
| 27 | West Coast Trail - July, 1976 | Pal Horvath |
| 29 | Mt. Col. Foster - March, 1976 | Joe Bajan |
| 30 | Mt. Col. Foster - June, 1976 | Joe Bajan |
| 31 | Mt. Butler - September, 1976 | Brian Johnson |
| 32 | Clayquot Arm Canoe Trip - May, 1976 | Brian Foan |
| 35 | Rules For Leaders | John Cowlin |
| 37 | Club Constitution and By-Laws | |

THE OFFICIAL PUBLICATION OF THE

ISLAND MOUNTAIN RAMBLERS

1976 OFFICERS:

| | | |
|---------------------------|----------------|---|
| President: | Brian Johnson | 3051 Larksdowne Road Victoria, B.C. V8R 5N3 592 - 6402 |
| Vice-President: | Margaret Symon | 1980 Estevan Road Nanaimo, B.C. V9S 3Z2 753 - 3789 |
| Secretary: | Dave Coombes | 841 Darwin Avenue Victoria, B.C. V8X 2X7 479 - 6366 |
| Treasurer: | Ton De Groot | 3406 Cook Street Victoria, B.C. V8X 1B1 385 - 8549 |
| Climbing Chairman: | Mike Walsh | Strathcona Park Lodge P.O. Box 2160 Campbell River, B.C. V9W 5C5 Campbell River Radio |
| District Representatives: | | |
| Victoria: | John Cowlin | 3951 Margot Place Victoria, B.C. V8P 2M2 479 - 6336 |
| Duncan: | Charles Rowley | 2928 Herd Road, R.R. #4, Duncan, B.C. V9L 3W8 746 - 6593 |
| Nanaimo: (Acting) | Bruce McInnis | 660 Brechin Road Nanaimo, B.C. V9S 2X2 754 - 5041 |
| Port Alberni | Brian Foan | 5776 Brown Road Port Alberni, B.C. V9Y 7E4 724 - 4727 |
| West Coast | Bill Perry | P.O. Box 139 Ucluelet, B.C. V0R 3A0 726 - 4356 |
| Courtenay: | Ruth Masters | R.R.#3 Courtenay, B.C. V9N 5M8 334 - 2270 |
| North Island: | Pal Horvath | 675 Warden Cul Road Campbell River, B.C. V9W 3Y4 287 - 4052 |

NOTES FROM THE EDITOR

All year I had this dream of producing a class publication complete with eye-catching cover and dramatic pictures. A few weeks ago, while sweating up a hot ridge with President (Brian) Johnson, I was expounding upon this dream. "we can't do it..... we can't do it..... we can't do it" was all I could make out from his gasps. Then a couple of days later I got a letter from him: "mailing alone will cost about \$20.00. We can't even afford this!" Another dream shattered. So here with the assistance of some beautiful people in the MacMillan Bloedel operation (less disparaging remarks about logging please) is the "El Cheapo" version of the 1975 - 1976 Timberline Tales.

As you will see from the articles, despite penury, the club remains active. I can't guarantee the spellings of your names included and I would urge all submitting trip reports to get the names of participants right and print them in the report. More anger, however, is reserved for leaders who do not get trip reports submitted.

So please forbear the limitations of this effort, pay your 1977 dues and we'll spend your money on a classier looking publication next year.

Brian Foan
EDITOR

ISLAND MOUNTAIN RAMBLERS - VARSITY OUTDOORS CLUB (U.B.C.)

CHRISTMAS X-C SKI TRIP ASTORIA VALLEY, ROCKIES

DECEMBER, 1975 - JANUARY, 1976

The original intentions of this trip were to ski up the Astoria Valley to the Va-es-G bson Alpine Club of Canada cabin located at the head of the valley, just South of Jasper in the Albertan Rockies. We didn't get to the cabin but we had a great time anyway!

The main reason we did not reach our destination was due to keys (or a lack of them). Mailstrikes and other unavoidable mix-ups prevented us from obtaining the key for the cabin and also for the Edith Cavell youth hostel where we planned to stay the first night of the trip. A lack of keys did not stop us from skiing in but we brought along a snow shovel just in case we'd have to provide our own accomodation.

The route up the Astoria follows the Edith Cavell teahouse road for 9½ miles. There is a gradual gain in elevation with several switchbacks and this part of the trip is quite enjoyable. Skiing in we met several people skiing out. We discovered that one of these persons had the ACC cabin key so as each one of them whizzed by, each one of us tried to get the key. Most of them did not stop, however, and we later discovered that we should have been crying "Stop" in foreign languages as the party was composed of Germans, Danes, and Frenchmen. When we reached the youth hostel John asked Gordon if he had the key and Gordon asked me if I had the key and I asked Chris who asked Vivian who asked Dave who asked Suzanna. None of us had the key ! (But somehow one of us had managed to get the youth hostel key.)

We were told the route from the Edith Cavell youth hostel to the ACC cabin entailed a five mile decent to the Old Horn warden's cabin, a level ski along the frozen Astoria River, and then a final uphill to the ACC cabin at Outpost Lake.

The day after we arrived at the youth hostel we got up at six A.M., ate, packed and cleaned the hostel, and just as day was breaking we set off for Outpost Lake. In a short while Dave and Suzanna went back to the hostel and the rest of us found that the five-mile descent was in reality a long slog. It was snowing and our waxes weren't working and studying for Christmas exams hadn't left us in very good shape. When we finally reached the Warden's cabin and tried skiing up the Astoria we discovered the river wasn't completely frozen over. The tracks leading to Outpost Lake that had been made by the previous party were rapidly being covered by snow. One of us had frost-bitten toes. We had already missed one day of skiing because we'd stayed in Jasper for a day before our trip in a futile attempt to get keys for cabins. We'd have to break into the ACC cabin and we'd have to leave early to make it out in time. We decided further travel was useless and we all returned to the Edith Cavell youth hostel where we spent the rest of our trip.

The best day of the trip was New Year's Eve day. When I woke up I looked out the hostel window and saw the peaks across the valley drenched in the golden light of dawn. A mountain sunrise is irresistible! I donned my innumerable layers of clothing and went outside for a morning ski. It was very, very cold but the cold didn't matter on a day of blue sky and shining white mountains. I expected to be skiing in sunshine soon but the sun stayed high on the summits. The valleys slept beneath the gleaming peaks. Everything was as silent as dawn. The only sounds I heard were the snow crunching beneath my feet when I was going uphill and the whispering of my skis when I went downhill.

When the others awoke we skied a mile up to the Edith Cavell tea-house at the base of Mr. Edith Cavell. We climbed from the tea-house up a snowy hill and along moraine ridges to an exposed, windy spot that looked up to the Angel Glacier on Edith Cavell. To the North were high mountains whose peaks were the colour of saffron.

We skied down to the tea-house, floating in powder snow and mountain air, and when we finally came to a stop at the bottom, we climbed up again for another ski down. On the last ascent there was only two of us. At the top of the run we saw the golden sunrise that had lingered all day on the corniced peaks turn for a fleeting moment to a pink sunrise that was lost to a night of a million stars and another year.

On New Year's Day we locked up the Edith Cavell hostel and skied back down to the cars. We drove home via the Icefields Highway, stopping for a sunny ski at Sunwapta Pass and again at Lake Louise where we watched cross-country skiers skiing on the frozen lake. When dusk came I caught my last glimpses of the Rockies as they soared above silent valleys in a peaceful grey sky.

Those Skiing Were:

Gordon Butt (V.O.C.), Dave Coombes (I.M.R.) Vivian Haist (V.O.C.), Chris Oram (V.O.C.), Suzanna Sanford, John Symon (I.M.R.), and Margaret Symon (I.M.R. & V.O.C., and trip leader and reporter).

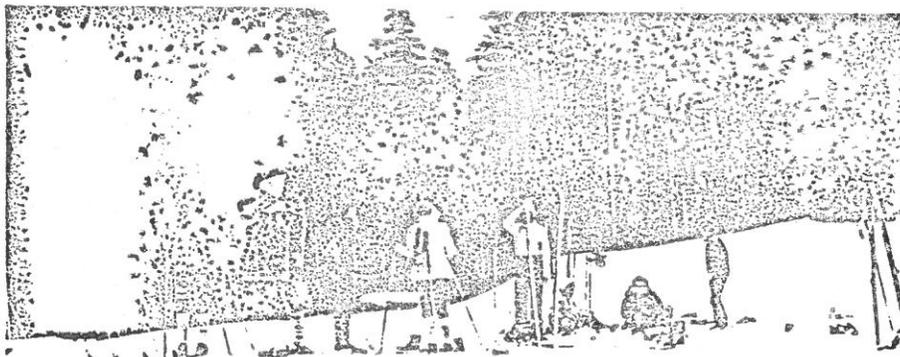


PHOTO BY DAVE COOMBES
X-C RACE WARM UP (OR DOWN - THE PROCESS WAS THE SAME)

Using your head to keep warm

How the human machine works

Man has neither fur to keep him warm, nor the compact shape of most northern animals and plants. These facts have led many scientists to believe that man was originally a semitropical animal who only managed to inhabit colder places when he learned how to keep warm by using whatever was available.

During the past few decades, we have become so adept at keeping our surroundings at nearly tropical temperatures that most of us have lost the

skills our ancestors used to keep from freezing. Fortunately, some people have maintained these skills and, in their efforts to improve, have developed new equipment for the purpose. This work has also led to a much better understanding of the interactions between a human being and a cold environment. If we understand their techniques, we will have no reason to fear the winter wilderness. Much of this knowledge can best be discussed by referring to the *human heat equation*:

$$\text{metabolic activity} + \text{radiant heat} = \text{muscular effort} + \text{body heat}$$

This equation simply says that the sum of the energy we produce from food and that which we absorb from our surroundings will provide both heat to keep our bodies comfortable and energy to perform physical work. If we accept the idea that man is a semitropical animal and consider the case of a scantily-clothed person under these conditions, we can see how the equation works in practice.

Lying on the beach or in the backyard on a summer's day is quite comfortable because our body can very easily metabolize at a rate sufficient to keep us warm (about 70Kcal./hr. or 1700 Kcal./day). If we become active by

playing baseball or by mowing the lawn, the muscular effort causes an increase in metabolic rate. Since our muscles are not 100 per cent efficient, extra body heat is produced and our body attempts to get rid of the excess heat by radiation, conduction and convection, or by the evaporation of perspiration. In the summer, it is the latter which is most common; therefore, we often become quite wet from perspiration after physical exertion and must drink water to replace the lost fluid. Similarly, we must eventually eat to provide more fuel for the metabolic process.

Should the temperature drop, it is still possible to keep warm without putting on more clothes if we increase the amount of work done per unit time as shown in *fig. 1*. This is, as we all know, possible for limited periods of time, but we must stop sooner or later for sleep and we would also have to eat great quantities of food to keep our metabolism at these high levels (about 6000 Kcal./day at -2°C).

This is why man began to wear clothes, and what we wear has a lot to do with our life-style. For wilderness use, our clothes should not only be durable, comfortable and light, but also provide us with the insulation needed to keep our skin close to tropical temperature, especially when relaxing or sleeping.

Insulation, in this context, means dead air space units of up to 1/8 inch diameter. It really doesn't matter whether it is made from fine steel wool, goose or duck down, or concrete, provided that it is flexible, compressible for packing and lightweight. Without a doubt, the best material available today is still waterfowl down enclosed in light cotton or nylon quilt despite certain important disadvantages.

The amount of insulation needed on all sides of the body for various

situations is shown in *fig. 2*. Clothing and sleeping should be chosen to provide the required thickness, or *loft*, for the conditions expected, but remember that these figures are averages

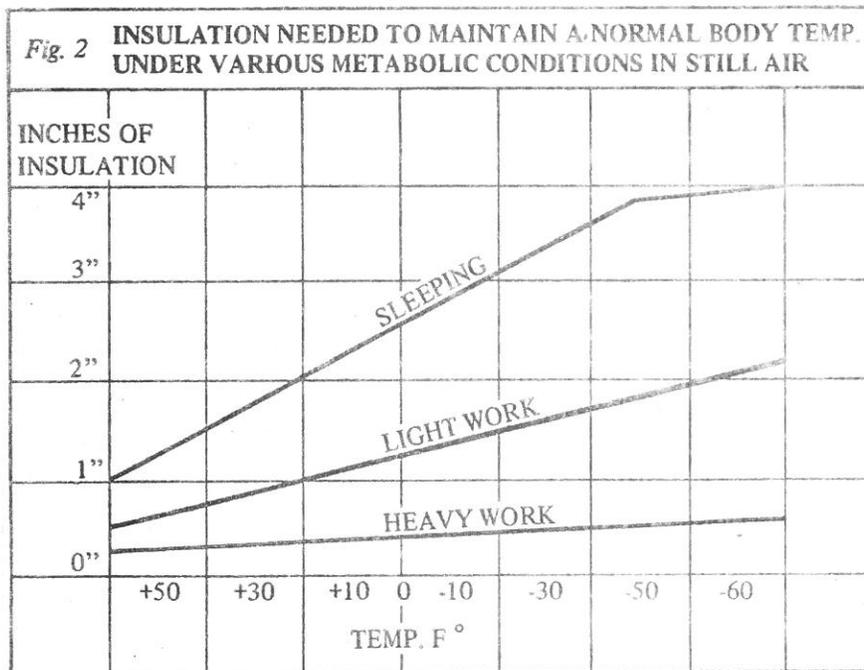
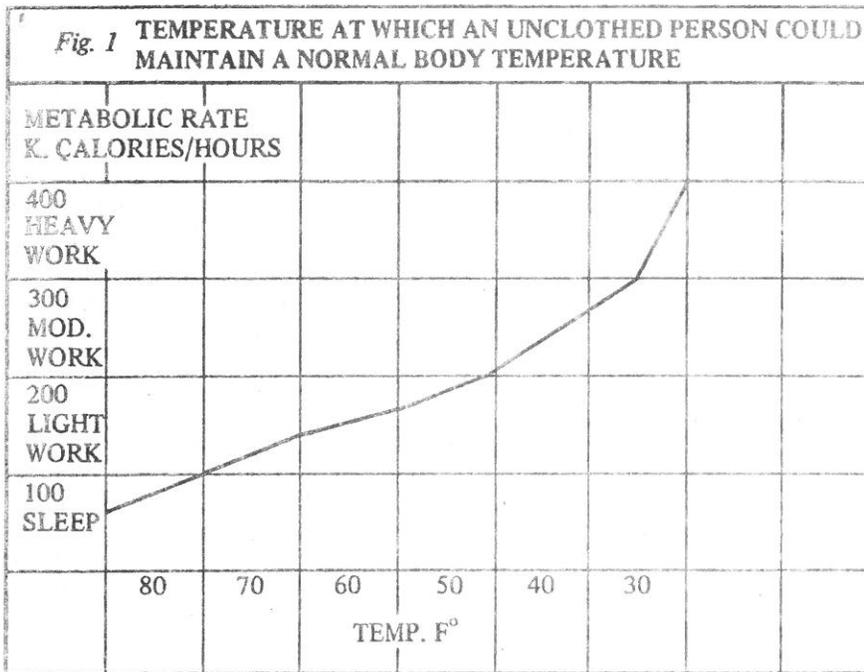
and you may require more or less insulation depending on your own metabolism. It is often best to have several layers of different thicknesses so that they can be worn or removed as needed, rather than just one thick layer. We should also be sure to remember that these thicknesses are for *still* air. Wind chill can affect these figures enormously as shown by *fig. 3*, and often we must protect our insulation with a windproof, but not waterproof, outer shell.

At this point we should mention that, if chilled, the body has several involuntary methods of producing some extra warmth as well as methods of cooling off. These are the familiar goose pimples, shivers, and chattering teeth, as well as vasoconstriction and vasodilation.

Vasoconstriction means that the blood supply to the extremities and skin surface is reduced in order to conserve heat for the vital organs inside the body. The head is the only region to which the blood supply is not reduced. This is why that hat, or even better, a

parka hood, will often keep your toes warm!

Similarly, when there is excess heat being produced, vasodilation will allow more blood to be carried to your hands, feet and skin for transfer to the atmosphere. This is often in conjunction with the start of perspiration and must be carefully controlled in cold weather conditions because the moisture will destroy the insulative value of your clothes by conducting heat to the surface.



**Fig. 3
WIND CHILL CHART
TEMP. °F**

| WIND SPEED M.P.H. | TEMP. °F | | | | | | | | | | | | | | |
|-------------------|----------|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|
| | 0 | 35 | 30 | 25 | 20 | 15 | 10 | 5 | 0 | -5 | -10 | -15 | -20 | -25 | -30 |
| 5 | 33 | 27 | 21 | 16 | 12 | 7 | 1 | -6 | -11 | -15 | -20 | -26 | -31 | -35 | |
| 10 | 21 | 16 | 9 | 2 | -2 | -9 | -15 | -22 | -27 | -31 | -38 | -45 | -52 | -58 | |
| 15 | 16 | 11 | 1 | -6 | -11 | -18 | -25 | -33 | -40 | -45 | -51 | -60 | -65 | -70 | |
| 20 | 12 | 3 | -4 | -9 | -17 | -24 | -32 | -40 | -46 | -52 | -60 | -68 | -76 | -81 | |
| 25 | 7 | 0 | -7 | -15 | -22 | -29 | -37 | -45 | -52 | -58 | -67 | -75 | -83 | -89 | |
| 30 | 5 | -2 | -11 | -18 | -26 | -33 | -41 | -49 | -56 | -63 | -70 | -78 | -87 | -94 | |
| 35 | 3 | -4 | -13 | -20 | -27 | -35 | -43 | -52 | -60 | -67 | -72 | -83 | -90 | -98 | |
| 40 | 1 | -5 | -15 | -22 | -29 | -36 | -45 | -54 | -62 | -69 | -76 | -87 | -94 | -101 | |

Maintaining an even temperature This leads to the second rule of warmth. *Do not sweat.* Control that flow of heat which is sure to come with exercise by removing your hat, your mittens, some clothes, or even by sticking your hands in the snow well before you are fully warm. This will prevent your clothes getting damp and will help them retain their full insulative value, which will probably be needed when you rest or camp for the night.

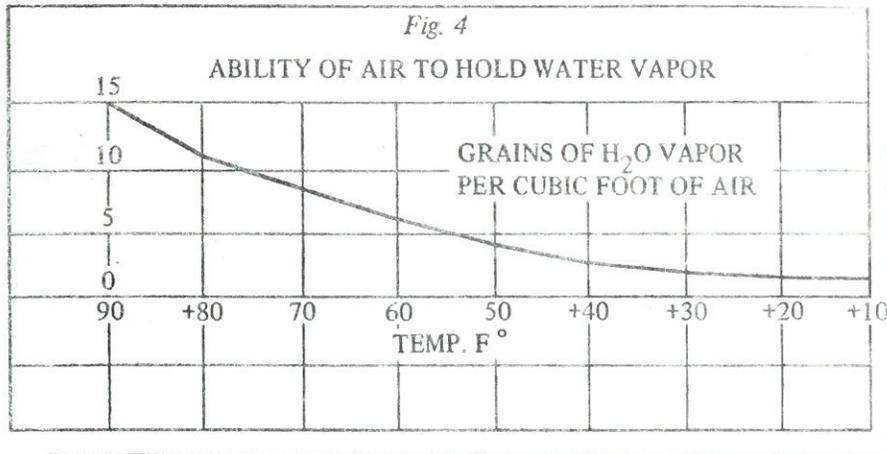
It is impossible, however, to prevent all moisture from leaving your body because normal skin lubrication requires some 24 ounces of water per day. This means that socks, underwear and sleeping bags will get damp and a change to dry clothes may be all that is needed to feel comfortable again.

By the same reasoning, melting snow or rain can completely destroy our insulation, so some compromise must be made between allowing rain in and body moisture out. Some tents and ponchos do a reasonable job of this and it is partly the cost of designing the ability to breathe into good equipment that has raised the price of a good three-man tent to the \$150. range. At colder temperatures, the problem of getting rid of body moisture trapped in clothes and sleeping bags can become critical due to the fact that the air has lost most of its ability to hold water vapor at zero temperatures as shown by fig. 4. This means that it becomes almost impossible to

get the accumulated moisture out of your sleeping bag after a night or two of use without employing some external heat source to raise the temperature and hence the moisture capacity of the surrounding air.

This problem was amply illustrated by the plight of early Arctic explorers who froze to death in their sleeping bags, and not always because they had run out of food. What happened was that their body moisture froze in the outer layers of their insulation, thus reducing its thickness until it approached zero, and the men froze. This was combatted by increasing their fuel ration so that they might dry out their equipment, but this in turn created another problem. Most liquid fuels produce water vapor during the combustion process, and this moisture, as well as that from cooking, added to the icing problem in their dwellings.

Frijof Nansen, noted Arctic explorer



and author during the 1880's, was among the first to realize that a vapor barrier inside the insulation would reduce or prevent the condensation problem. His ship, *Fram*, was the first northern vessel to incorporate this principle which is used in our homes today, and he and his crew were able to live aboard some five years in the Arctic in comfort.

If you apply these principles when selecting your equipment, it will be much easier for you to choose from the many styles and price ranges available, articles which will enable you to be as comfortable outdoors in the winter as you are in the summer. Perhaps even more comfortable, for there is no insect problem!

Finally, there are a few tricks that are useful if the cold still bothers you. Remember that you cannot metabolize to produce heat without food, so a high protein snack before turning in will help you through a cold night. If you should still wake up feeling chilly, try some isometric exercises inside your bag to get those muscles working and heat will soon be on the way. Put on dry clothes and wear your down jacket to bed, making sure that your foam pad as well as any extra clothing is under your sleeping bag, not on top of it. The easy compressibility of down for storage means that it will lose loft if things are on top and that you will need all the extra insulation you can get underneath you where the down is the thinnest. Sewn-through seams in the bag will also reduce its thickness to zero at these points.

Just as you must remove clothes before perspiration begins, you must add

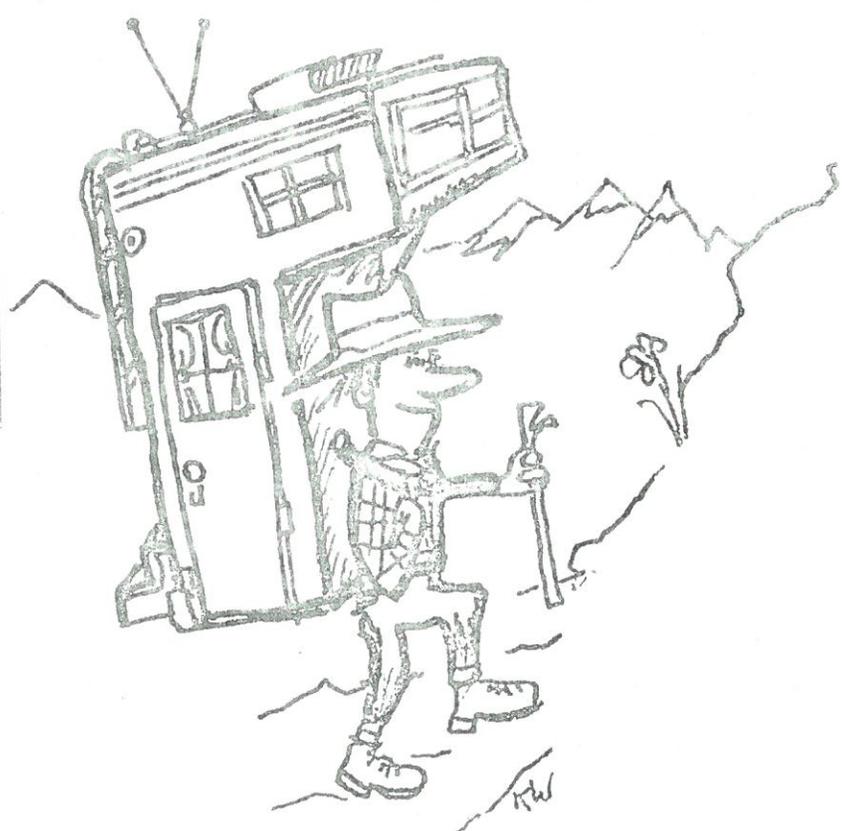
to your insulation before becoming chilled. Once vasoconstriction begins, it can seem like forever before the blood vessels open up again, especially if you are no longer active.

Stay away from the booze. Alcohol is absorbed directly through the stomach wall and produces quick, but very short-lived internal heat which tricks your body into vasodilation and robs your torso of essential heat. In addition, its effect on your good sense could very well cause frostbite or worse. Cigarette smoke is a vasocon-

strictor, so having a smoke won't warm you up either.

If, through some error or misadventure, you should get frostbitten, remember that you must get the circulation going again in the injured part. Warm it as quickly as possible. Put your hand under your armpit or in your crotch. Put your foot on someone else's stomach or in a warm water bath if possible. Do not rub the part with snow. It will only sandpaper the already damaged tissues. Thawing hurts, but it must be done quickly. The only possible reason not to thaw a frozen foot at once, is if there is absolutely no alternative but to walk out immediately. The pain and swelling of a severely frostbitten foot may immobilize a person for several days. If you do decide to get out there in the wilderness and follow these rules, you can be sure of a most enjoyable experience that you will never forget, and one which you will be eager to try again soon.

Happy trails, and don't forget that hat. It's especially useful for sleeping. Why do you think grandfather wore, rather than drank, his nightcap? CD



Don't drink liquor, smoke cigarettes or sweat.

SNOW-SHOE & CROSS COUNTRY SKI HIKE IN THE
VICINITY OF HASLAM LAKE

Sunday, Feb. 15, 1976

LEADER: Ton De Groot

| | | | |
|---------------|----------------|---------|--------------|
| PARTICIPANTS: | Ton De Groot | VODC | IMR (X-C) |
| | Brian Johnson | | IMR (X-C) |
| | Lorne Johnson | VODC | IMR (X-C) |
| | Jean Humphry | (Guest) | (X-C) |
| | Mary Spoke | | IMR (X-C) |
| | June Batey | | IMR (X-C) |
| | Randy Carter | VODC | Snowshoe |
| | Barbara Cowell | VODC | IMR Snowshoe |
| | Marian Epp | VODC | IMR Snowshoe |

After our usual breakfast of bacon and eggs at Smitty's in Duncan Ton and I headed for the North Cowichan Municipal Hall to meet the rest of the group. Due to a lack of snow, the hike was moved from Buttle Mountain near Cowichan Lake to a location 28 miles up MacMillan Bloedel's Chemainus River Road.

After several tries we were able to get the cars through the slush to around the 1,900 foot level. The snow was too wet for the snow shoers so they carried them to around 2,400'. The cross country skiers being a lazy stubborn bunch put blue wax on (4⁰ C and raining) and somehow got up the hill, where conditions were slightly better. Here we all re-waxed each using a different wax. After lunch the fog thickened and on reaching the top of the ridge all faith in the leaders ability to guide us through the -2⁰C blizzard and white-out vanished. (For cross country skiing this a highly recommended area - powder snow and long rides). The downhill trip really made the trip for the X-C skiers (A 2,500' drop over 2 miles) but for the snowshoers was just more tough slogging back to the car by 4:30 and into a restaurant devouring dinner shortly there after.

-- BRIAN JOHNSON --

THE RESPONSIBILITIES OF THOSE WHO LEAD

In the last issue of Timberline Tales we saw a good article outlining the responsibilities of a leader. If I may I would like to say a few things about the responsibilities of the participants.

If we go out with a group we should be prepared to stay with that group, unless definite arrangements are made with the leader to form a sub-group with a leader of their own.

The energetic should slow down and wait for the slower ones. This would make it easier for the leader to keep track of everybody. After all the leader is just one of us out to have a good time and not to chase after a bunch of dingalings scattered all over a hillside.

The most common mistake we make is after our goal has been reached is we all run down the hill like a bunch of idiots then the first one down brags to the rest how long he has been there. By the time everybody is down it is almost dark and everyone is tired and if somebody is not accounted for it would be too late to start a search.

I was involved in two searches where somebody separated from widely scattered groups, it was no fun.

I hope I don't sound like a crab. I just think it is a good idea to remember that out in the hills we are all responsible for each other and that is one of the nice things about hiking with others.

-- PAL HORVATH --

XC SKI TRIP NEAR MT. WASHINGTON

MARCH 2, 1975

Six of us turned up. The weather was rotten had a little sun but the rain never really stopped. After three miles of uphill on a logging road we had some fine skiing. Used Red Klister Wax as usual.

The area around Anderson Lake is perfect for X-C all that plus a good group of people turned the day into a very enjoyable one rain or no rain. We covered approximately nine miles.

May be of interest to some that 4 out of 6 skis (pairs of skis that is) had metal edges.

Participants were: Margaret and John Syman, Al Harrison, Dave Coombes, Gordon from England and myself.

-- Pal Horvath --

EASTER X-C SKI AND SNOWSHOE TRIP TO
PARADISE MEADOWS

March 28, 29, 30th, 1975

The snow was down to the end of the paved logging road, so it was a long trip. The first day we made camp around 4 P.M. The snow shelter building contest was cancelled due to lack of interest (more like lack of energy) however the prize bottle was not carried back full.

The second day Brian Johnson and Ton De Groot reached Croteau Lake cabin, John and Doreen Cowlin on snowshoes made a try for Mt. Washington, the rest of us went up to Battleship Lake then to the end of Paradise Meadows.

The second night a strong N.W. wind blew large branches off the trees some landing too close to some of the tents. Sunday morning we found easter eggs outside our tents and snowcaves. Thank you Easter Bunny !

On our way out winds up to 40 M.P.H. helped us to move fast on practically sheer ice. Because of icy conditions some decided to walk down steeper slopes. Two of us broke ski tips.

All three days were sunny and most of us went home with red faces. Out of 12 skiers only 2 had spare ski tips, think about that. They cost little and weigh a few ounces but may save a lot of hard walking. I skied more than 20 miles with one and would not go out without one in my pack.

Participants were: Bruce McInnis, Brian Johnson, Doreen and John Cowlin, Bob Hinds, Tom Rough, Ton deGroot, Mary Spoke, Gayle and Neil Goldsmith, Frank Patt, Steve and Tom (the brothers, sorry I forgot your last name.)

-- Pal Horvath --

HOT SPRINGS COVE TRIP

APRIL 24TH & 25TH, 1976

Departed by Plane from Tofino at 9:30. The second plane load arrived at the cove by 11:00. Tents were set up, then into the spring. (Water temperature coming out of the ground was 51°C and 46°C coming over the Falls.)

A very relaxing trip. Very little rain. The return flight reminded us all of the P.N.E. Roller-Coaster.

PRESENT:

Brian Johnson - Leader, I.M.R.
Joe Bajan. I.M.R.
Susan Lloyd
Brian McLeod
Shirley McLeod
Don Stark, I.M.R.
Pat from Edmonton
Cathy Waters
Barry Waters
Linda Thirkell
Dave Coombes, I.M.R.

BEAUFORT TRAVERSE

SEPTEMBER 13 - 14, 1975

One of those golden red mornings when the whole world was in view: Argus and Red Pillar to the north starting a western arc of mountains terminating around Klitsa and Nahmint and, looking into the rising sun, the orange tinted peaks of the mainland. We were camped on Lanterman Ridge a few minutes away from its junction with the main Beaufort Ridge. Deservedly I welcomed the morning. Just two weeks earlier I had been snowed on and thoroughly lost in the fog when I conducted my recce.

Considering its all round accessibility and that it is, in places, an idyllic ridge walk, the Beaufort Range sees very little traffic. Promising to do the whole damn ridge in two days obviously did nothing to alter this lack of interest. Thus it was that only Faye Stevens and Alfred Menninga were with me as we drove with Bruce Francis, Manager of MacMillan Bloedel's Ash Division as high on Branch 135 as a Company Truck would go. An illicit Friday afternoon start.

The end of Branch 135 offers a steep but clean access to the ridge which forms the western flank of Lanterman Creek's deadend box canyon. This ridge joins the Beaufort Ridge at the Western end of Beaufort Lake above the last saddle before Tsable Mountain. A quick conference and we decided to leave Tsable Mountain alone and turned east towards Mount Surgenor. Although we began with a steep brushy descent it was mostly good open ridge walking over heather and rock. Faye tells me that Mount Surgenor is now called Mount Henry Spencer. With all due respects to Henry I prefer Surgenor - it's more evocative.

From the summit of Surgenor/Spencer we could see our whole route to Mount Joan. The peaks, as it turned out, deceptively foreshortened and the saddles invisible. The route gradually became more brushy and broken. It took another hour to Rosemary Lake and lunch. This is one of the idyllic places the ridge offers, a gem of a lake with headlands and inlets trapped in a miniature Alpine CWM. We lazed away a pleasant hot hour, hour-and-a-half and then tried to recover our ambition.

Mount Cameron didn't seem too far away and I had planned to camp at the lakes beyond it. But it was a hot afternoon and we were three aging hikers who had not brought our Geritol. Steep slopes asked not to be hurried and the view demanded many rest stops. The afternoon went a lot faster than we did and then approaching Mount Cameron I lost the route. The obvious ridge is an easy going snakey thing which always looks like it's going to connect with Cameron until it dumps you in the north fork of Tumblewater Creek with nowhere to go but back.

By the time we had recovered the correct ridge, a steep, indistinct brushy unpleasant place, it was time to camp at the first reasonable place we found. So the next day turned into a route march and my memories of it have all got jumbled together.

The ridge is full of beautiful tarns and small lakes some nestled serenely in meadows, some surrounded by harsh, barren rock and some were still in snow. Late in the year for flowers but fleabane and arnica were still plentiful. I remember some beautiful fan patterns in the needle formation of scrub spruce.

As we burst out of the bush suddenly onto a lake, a flock of ethereal sandpipers dissipated as ghostlike as their appearance. At lunch we watched a young eagle practicing his hunting dives.

With Mount Joan in sight, the ridge runs a weaving pattern. There must be some way we can avoid going over the last peak. Maybe around this lower shoulder and the remains of a plastic poncho and some brittle tape confirm our false hopes. After dropping and dropping to avoid cliffs, we were in the headwaters of Spaht Creek. An odd place to be but there was a red tape on a tree so we weren't the first. The anomaly is that this is a surprisingly wide "U" shaped valley and the creek flows gently through it before taking off on a 2,000' fall to the valley below.

One of the attractions of the Beaufort Range is the incredible way typically Alpine features of bigger mountain ranges appear as scaled down models. The cirque on the northside of Joan is just such a feature. Five peaks form a horseshoe of rock and scree with snow still in the gulleys. It was a steep climb up to the cirque which we crossed and dropped into a different world of Alpine meadows and tarns with scattered clumps of rangy trees. Here we took our last long rest.

The remainder of the trip was a drag down to the Hal-Joan saddle, down to the Block 1096 road system, down to the old Alberni - Comox railroad grade and out to Beaver Creek. It would be a really pleasant three day trip.

BRIAN FOAN

REPORT ON XC SKI TRIP MAY 9, 1976

by PAL HORVATH

Only four of us showed up for this trip. Katherin Capes, Fred Put, Dora (no last name, sorry) and myself. After an hour of hiking up a logging road we reached the snow.

On nice firm snow, the trip of Mt. Menzies (4,000') was an easy trip for all. Dora used downhill skis with cable bindings and had better control than any of us. (Red Klister works on downhill skis too.)

The sun was shining all day so we all went home red faced. All those present mentioned that this is a better XC area than Mt. Beecher if you don't mind a little uphill walking from the highway.

The uphill grade is gentle enough for beginners and most of it is open alpine. For those who like to try new places, it is recommended.

For those who hang up their skipoles in April we would like to mention that the best XC touring starts in April and lasts in places until July - even August !

"Try it, you will like it!"



MOUNT HOLMES

YOUBOU

March 21, 1976

LEADER: John Cowlin

WRITER: George Kelly

MEMBERS: John and Doreen Cowlin
George Kelly
Tom Trebett
Winnie Ware
Pat and Kathy Leaky
Gerry Rement
Nicki Westarp

Reg Sangster
John Laurie
Ralph Morton
Bob Hicks
Tom Hicks
Liela Long

We parked in front of the Post Office at Youbou and climbed the hill across the road. The first thousand feet was steep but free from snow. The second thousand feet was in second growth timber and deep wet snow. The result: - very heavy going. The final thousand feet to the ridge was above the freezing level (in altitude) so easier going on crusted snow. It was the first day of Spring but there were no signs of the season on the mountain.

On our return we discovered a good trail, probably built by the people of Youbou. Access to this trail is on the road past the Community Hall.

MT. ARROWSMITH CLIMBING SCHOOL

MAY 15th - 16th, 1976

A small group of people showed up at the Cathedral Grove meeting place on Saturday. After waiting ten minutes past eleven we drove off towards Arrowsmith on the ski area road.

We parked just before the Rosseau Chalet and took the short direct route to the col between Cokeley and Mt. Arrowsmith.

After setting up camp on the snow covered col, the group split into two parties. One group went up Cokeley and the other went up to the B.C. Hydro Transmitter. The weather on Saturday was sunny with a few clouds.

The snow conditions were soft making it not very good to practice ice axe arrests.

The col we camped on has got to be the windiest site that you can camp on. If you want to test your tent in a wind that col has to be the place. The "Crest Line" tents stood up well in the wind. I can remember Bruce McInnis, who has a "Crest Line", laughing as one tent buckled its pole in the wind.

The next day we split into groups. My rope had four people on it. We took the regular way up the ridge then traversed over the back side to the main Arrowsmith snow gully. The snow conditions in the gully were excellent.

We reached the top at eleven after leaving camp at nine. After having lunch on top my group proceeded down the main ridge and not the snow gully. This makes for a nice circular trip. Reaching the other ridge, we glissaded down the first snow gully and then traversed under the Arrowsmith gendarmes to our starting point at the base of the regular ridge route.

The weather was quite overcast by the time we got back to camp, so we hurriedly packed up and hiked down. Those on the trip were:

Bob Tustin, Brian Johnston, Lynn & Laura Paterson, Stan Kukuza, Tom DeGroot, John Laurie, Mike Walsh, Joe Bajan, Mike Jordon, Jourgan Rowender, Peter Croft, Bruce McInnis, a girl named Joe, and three people from Campbell River.

- Ron Facer -

TIT MOUNTAIN

- JUNE 19, 1976 -

Members of the Group were: Laura Roff - Nanaimo
 Ben Picket - Nanaimo
 Fred Put - Comox
 Brian Johnson - Victoria
 Dave Coombes - Victoria

The group met at the Taylor River Bridge at 9:00 A.M., and then proceeded to a crossing point about 1½ miles up the road to Tofino. Luckily the crossing of the Kennedy River was easy as a log had fallen across a narrow gorge and some enterprising individuals had provided it with a rope hand-rail. The weather was ideal for hiking cool and cloudy with a little breeze, and the occasional sunny spell.

After making our way through the dense under-brush along the river bottom, we started to climb quite rapidly and soon found ourselves skirting along the bottom of a seemingly endless bluff. After getting above the bluff, we were rewarded with a clear view of the highway winding it's way below us. We stopped for lunch at about 3,500 foot level and enjoyed the sunshine.

After another hour or so we got out onto the snow slopes and the weather started to go sour, we continued on until the mist rolled in and it started to rain. The top of the Mountain was completely shrouded in heavy fog with little evidence of it clearing. So Brian Johnson and myself decided that it was pointless to continue. The rest of the group decided to go on. After about 1½ hours Brian and I were back at the cars. The weather had cleared and we could see the others coming down to the point where we had separated. It was a very enjoyable hike, the group was just the right size, only the weather was suspect but that's the West Coast for you!

- Mike Houlihan -

THE SCHEDULED TRIP THAT WASN'T

- JUNE 13, 1976 -

Puzzle Mountain - an easy scramble for me to lead - arranged by Al Harrison. I didn't count on a locked up logging road for this weekend however. Thanks to Bob Tustin, who had scouted around on Saturday, we were warned of the blocked road to Puzzle, so a decision was made on Saturday evening that we could climb Mt. Myra on Sunday - another easy hike, supposedly.

After the rather changeable weather of Saturday, we all were pleased to have Sunday remain stable, sunny and warm. Joining in the trek were: Ben Pigott, Dave Coombes, Debbie Malthouse, George Kelly, Jay MacArthur, John Symon, Laura Russ, Margaret Symon, Mary Harper, Rob Petrie and myself.

True to form, I brought up the rear and did not lead. It was left to John Symon to lead most of the group towards Mayra's Summit. Although it wasn't quite reached (too late a start likely), the group snow trekked for a good distance upwards. I saw them - from Tennant Lake where I remained. Thanks John, for doing my job.

- Mary Spoke -

X-C SKI COMPETITION

- APRIL 5, 1976 -

Unfortunately communications problems beset this, my first trip as "leader". I arrived back from two weeks vacation on the Friday before the competition to find out that no notices had been sent out to members. One learns from this type of mistake - next time I shall send out the notices personally (rather than relying on others' good intentions). Anyway - being in somewhat of a flap that Friday night, I was almost tempted to cancel the trip. I thought maybe nobody would turn up. Dave Coombes came through though and drove up to Arrowsmith with me to assist in setting up a track and to give me needed moral support. He actually set up the track in the end.

Sunday arose - beautiful and bright. All around was sunshine, blue skies and the beginning of some Spring warmth. Although the competition wasn't very stiff (i.e. numbers were small) those competing enjoyed the opportunity to ski on a fine day.

Competitors were: Dave Coombes, Aileen Foan, Brian Foan, Neil Goldsmith, Lorne Johnston, Bill Perry, Gail McLean, Greg Raybeck and myself.

Looking on and cavorting in the snow on their own were Billy Sadlish, Julia Raybeck, Jonathan Foan, and Leonard Beliveau. Neil Goldsmith and Aileen Foan were declared fastest man and fastest woman of the day! They and the others though, I'm certain, would have enjoyed more competition. Where was everyone? Despite no notices, it was written up in the schedule quite clearly. Let's see more support for next year's competition and leader - Not Me !!

- Mary Spoke -

MT. WATERLOO - JULY 18, 1976

Mt. Waterloo, 3,462 feet, bears 235° true from the City of Duncan, B.C. Old timers will tell you that this is not the mountain originally named Waterloo, but that a person acting as a guide to a party of early surveyors had pointed out the wrong mountain as being Waterloo, so the name stuck when maps were made.

The mountain now bearing the name Lazar is said to bear a bronze plaque installed by a very early settler who named this mountain Waterloo. Needless to say he was very upset at the mix-up.

The present Mt. Waterloo is approached over logging roads of MacMillan Bloedel Shawnigan Division. It stands between the head waters of the San Juan and Koksilah Rivers.

I usually hike up Waterloo on a 97° magnetic course heading for the westerly summit. This entails driving about two thirds of the way around the mountain in a clockwise direction. Poor roads prevent going the shorter anti-clockwise direction. We take the cars up Branch 10-X until we are about 2,300 feet of altitude and a summit bears 97° M. The first part of the hike is over logged off terrain then into the forest and rock bluffs for a while until one gains the bare rock. Good views of surrounding country are possible at this stage.

Once on top, there are several summits to visit with only minor ups and downs between. The highest point at the triangulation marker has a B.C. Hydro U.H.F. Repeater installation looking like a huge green bottle, made of fibre glass.

Many varied and colourful flowers are to be found on top of Waterloo and there are some deep little ponds to swim in if one wishes to wander about and find them.

To return to the cars one should bear 277° magnetic from the western summit and take care not to deviate to the right. A degree or two off course will get you into a creek gully where there is too much bush-whacking. Errors to the left would be better.

As you come up Branch 10-X in the cars, you will find (shortly after turning onto 10-X), a little flight of steps leading up a bank on your left. Here is what is believed to be the oldest living Douglas Fir Tree in Canada. A Bronze Plaque dated 1957 rates it as 1,300 years old at that time. It is about 20 feet in circumference. The area is set aside to remain in its natural state.

MT. FINLAYSON

- FEBRUARY 15, 1976 -

Mt. Finlayson, the 1,342 foot knob of rock standing above the mud flats at the end of Finlayson Arm and nearby Goldstream Park, makes a nice family hike and warm-up for the bigger things ahead.

Upon turning onto the Finlayson trail one encounters a flight of new cement steps leading up a steep hillside. The old trail started over private property, and I assume the new stairway detours around this.

The upper levels of Finlayson are quite bare rock - offering a bit of scrambling over bluffs.

On a real clear day the scenery can be good. The City of Victoria, its harbour, the Strait of Juan De Fuca, Port Angeles, the Olympic Mountains, Mt. Baker and sometimes Mt. Rainier, Hood and St. Helens can be seen.

The trail up is well marked, but coming down the northwest side logging operations have somewhat disrupted the trail and one must be careful to relocate it on the far side of the slash.

A recent fire has destroyed some of the picturesque old knarled trees near the summit. However, one of our party got a remarkable photo of a downed snag looking like some prehistoric monster.

We did not have bright sunshine for our hike, and as we lunched at the summit, it started to sprinkle rain.

We missed the scenery, but everyone agreed we had an enjoyable hike.

On this trip were: - Hank Wilkinson, Leila Long, Ralph Morton, Robert, Doug, Sandy and Susan Hicks. Don Randall, Norma and Clarence House, Jim and Miriam Scott, Robert Gunn, Louise Harding, Margery Christmas, Cyril Weismiller, Eileen Bolton, and yours truly with apologies to those I may have missed.

- Don M. Bolton -

After coming down off the mountain, we took Branch "K" South toward the Shawnigan - Renfrew Road, to visit the big trees, also Douglas Firs. Apparently not as old, but much larger than the "old tree". They have their roots in swampy ground.

Leave you car near a piece of logging equipment to the west of the trees and walk directly toward the big one. This is the shortest and the driest approach.

There were twelve of us on this trip, we all joined hands to encircle the big tree and we had about one arms length to spare. I have measured this tree at 46 feet around the butt, at a comfortable height above ground. Its nearby neighbour measures 30 feet around. Someone once told me there was 15 feet of needles between him and the ground as he walked under the tree years ago.

On this trip were Gerry Pement, Paul Schulkowsky, Robert Gunn, Jim, Miriam and Glen Scott, Phil and Thelma Denninger, Billie Sadlish, Leila Long, Eileen Bolton and Yours Truly.

DON BOLTON



PHOTO BY DAIS COOHRES

"PLEASE GOD, I MAY NOT FALL... PLEASE GOD."

MOUNT ARROWSMITH

- AUGUST 29, 1976 -

LED BY: Doreen Cowlin

REPORTED BY: Lois Hubert

The main party consisting of DOREEN and JOHN COWLIN, DAVE COOMBES, LORNE JOHNSTON, LOIS HUBERT, MARION EPP, BRIAN FOAN, TOM TREBETT and KON STOCKHAUSEN climbed Arrowsmith (5,962') from the southwest starting at MacMillan Bloedel's Cameron Division road, "Pass 33", some 1½ miles before the Rosseau Chalet.

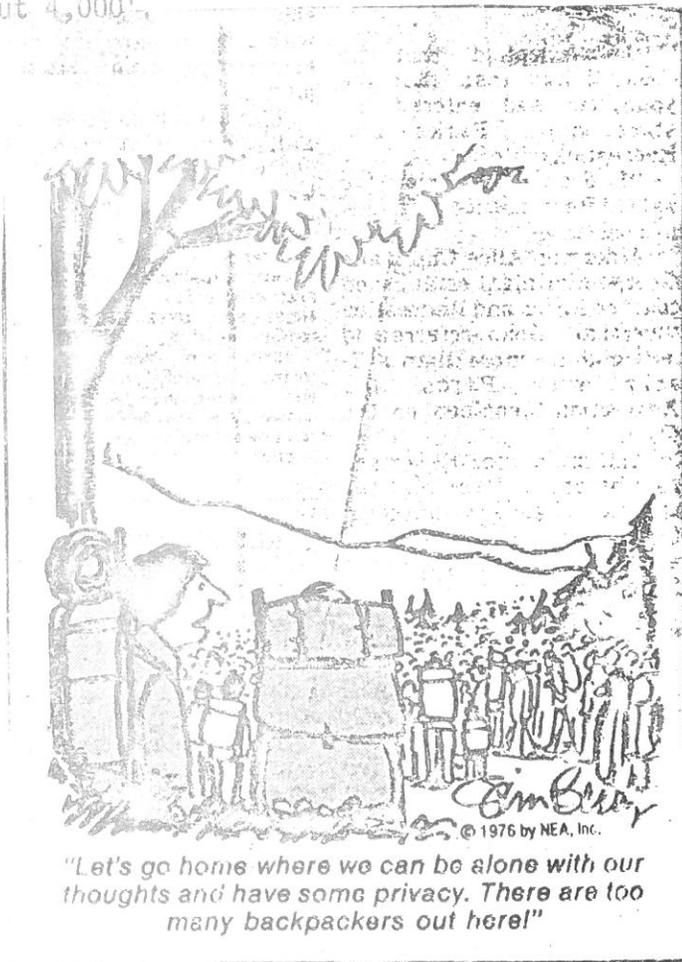
DON and ILENE BOULTON climbed COKELEY from the chalet.

BOB TUSTIN, BRIAN JOHNSON, TON DE GROOT and JOHN LAWRIE left Cameron Lake at 8:30 A.M. to meet the main party on the summit and traverse over to Pass 33.

Leaving the road at 10:00 A.M., Doreen took us up the ridge to the right of the gully through the big timber and headed to the right to pass the first rock face at about 4,000'.

The route continued through timber and open rock with only occasional scrambling and we reached the top at 1:00 P.M. having stopped on the way for a leisurely lunch. The top of the mountain was a busy place that day with two other parties from the regular route and Bob, Brian, Ton and John having seen Don and Ilene on Cokely making it all the way from Cameron Lake in 5 hours.

We left the summit at 2:30 and we were back at the cars by 4:30 having had near perfect hiking weather and sunshine (!). Thanks Doreen for showing us a comparatively easy (steep though!) route up. Bob, Brian, Ton and John stayed in the gully all the way down and were down half an hour before the rest of us.



WEST COAST TRAIL

JULY 18 - 22, 1976

Five of us started and all five finished, therefore, the trip was a success. The five were PETER and JIM LISTER, GINA and PAL HORVATH, JAN THOMPSON. Two days before the trip SCOTT THOMPSON damaged a knee so he could not come, but we did take his portion of the food so we ate good.

The weather was good - had enough sun to get a sunburn - had enough rain to make us feel we didn't carry our raingear for nothing. We ran into a little mud on the trail here and there but mostly it was nice.

Went in at Nitinat, ended up in Bamfield, then took the Lady Rose to Port Alberni. We did it in five days, which is a nice slow pace. The kids didn't feel pushed and us old ones had time to explore, swim and take pictures - just like a bunch of tourists.

Jim cut his hand and was sewen up in Bamfield, fortunately it was not too serious.

Cost per person was \$14.00. (That didn't include the big fat steak at Bamfield.) Just mentioned it to prove that a nice holiday doesn't have to be expensive.

Ran into a little problem with the boat-ride down Nitinat Lake. After personally arranging, and later confirming the boat-ride for \$20.00 a trip, when we arrived there was nobody to take us. Later in the day someone agreed to take us for \$50.00 a trip but he would make two trips - that is \$100.00 for the group - eventually he took all five of us on one trip for \$50.00. He got a bit grumpy when we asked for life jackets.

Our ride down the lake was rough and we all got soaked to the skin from spray.

As we started out on the trail, we looked more like a clothesline than hikers all decorated with wet clothes hanging from our packs.

That is about all I can think of right now.

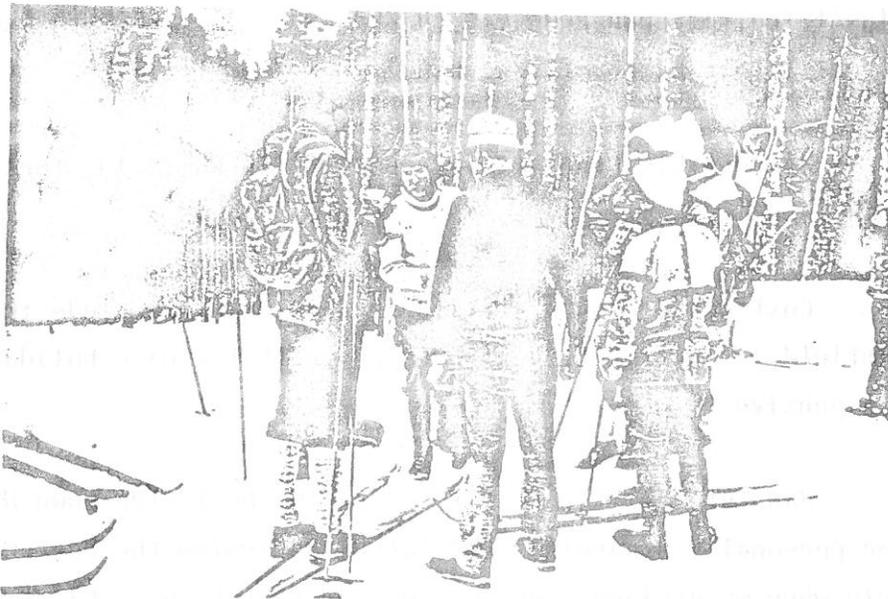


PHOTO BY DAVE COOMBS

AFTER THE RACE, OTHER COMPETITORS CHECK NEEDED
EQUIPMENT FOR EVIDENCE OF UNFAIR PRACTICES.

MT. COL. FOSTER

- MARCH, 1976 -

This first attempt to climb Col Foster in the winter, gave Mike Walsh and Joe Bajan a taste of what climbing was to be like for 1976.

The two of us packed our gear including skies to the head of the trail. Walking upon consolidated snow Mike was heard saying that last week the snow was like this all the way. The packs were dropped and we had a pleasant 300 foot ski back to the car. Returning with ski poles, the packs were donned again and the journey started for the second time. A half mile along the trail the consolidated snow ceased. But the great intellectual minds of the climbers told them that the snow would get better around the next corner, around the next corner.

This day came to an end little more than half way up the trail. Camp was made with a bit of satisfaction since it only took us the day to cover a normal 3 hour journey. Backpacking through knee deep slush didn't bother us as much as the every third step which took you up to the thigh.

Next day the base of the mountain was reached at 4 P.M., again a full day for a 3 hour journey. The mountain top stood 2 - 3 days away. Well beyond the stretch of our supplies. But all was not in vain, a superb route was discovered, something thought to only exist in the Alps. An ice ribbon 10 feet wide, 3,200 feet high of direct directions. This ice ribbon common only to the winter should prove an admirable challenge for next winter.

Mt. COL. FOSTER

- JUNE 26-27, 1976 -

Col. Foster was again attempted by Mike Walsh and Joe Bajan. A new route was established which consisted of going up the south gulley from Landslide Lake to the snow band which cuts across the East face. To and through the rock break (middle of the snow band) to the upper snow band and on to the summit. Trekking across the snow to the rock break took only a few hours. The rock break can be best described if broken down into sections. The first 5 feet, first 80 feet, second 160 feet. The first 5 feet were led by Mike and accomplished in 35 minutes. The first move was classed as a 5.10. An overhang done on loose blocks with the feet still on the snow pinnacle of some 50 - 60 degrees. The belay anchor consisted of the author standing on the same pinnacle and jumping into the bergshlund, to counter balance in the event of the leader falling.

The first 5 feet were also done by the author in the record time of 35 minutes. The main hold (with-out this thank god!! hold this route would be impossible) was extracted and replaced by the author before seconding the route. The first 80' was led by Mike in some 60 minutes, a series of overhangs with dicey holds going in the wrong directions. Eight running belays were used (the most ever used by Mike ever in one lead). The second 160 feet were led by Joe in 20 minutes and one runner. Upon surmounting this lead, the upper snow band was reached and attempted. The avalanche hazards and the impossibility of doing an ice axe arrest in un-consolidated snow told us of assured suicide - potential suicide would have been acceptable! The rest of the route was a mere technicality performed by the climbers before. With this information thought out, a retreat was proclaimed.

The retreat through the rock break was a series of dicey rappels with the occasional pendulum looking for an anchor. The last two rappels were virtually free with only the toe of the boots gracing the rock. Both climbers were quoted in saying, "We had to be *-&#! crazy to have come up this!" referring to the overhangs in the first 80 feet.

Upon reaching the snow, a 3,000 foot bum slide awaited us back to the lake.

- Joseph Bajan -

MT. BUTLER

- SEPTEMBER 19, 1976 -

LEADER: Brian Johnson

This trip took place on what was the hottest day of the year. From the rocky, heather and pond covered summit we could see for miles. - Mt. Baker to the southwest, the Olympics, the island mountains including Mount Arrowsmith, and the Coast Range.

An hour or so of sleep, foot-soaking or just plain relaxing was had by all on top before the mad dash back to the cars. The highlight of the trip was my first sighting of the Vancouver Island Marmot. Probably the most enjoyable part of the trip was the swim in Third Lake which lasted a good part of an hour before the water-logged bodies could be dragged from the water.

For most it was the first swim of the year.

THOSE PRESENT WERE:

Brian Johnson (Leader) I.M.R.

Lorne Johnston I.M.R.

Marian Epp I.M.R.

Joanne Senior I.M.R.

Janet Taylor

Brian Foan I.M.R.

Juergen Rowender I.M.R.

Sharon Marshaw I.M.R.

Mike Sampson I.M.R.

Gerry Pement I.M.R.

Gerry Beam

John Beam

Steve Baillie



CLAYQUOT ARM CANOE TRIP

- MAY 22/23/24 -

This was a joint trip with the Alberni Valley Paddlers. Present were KON STOCKHAUSEN and TOM TREBETT from the Ramblers, Pat, Mickey and Mike KOKURA, Martha and Rudy Brugger, Al and Vera RONNING all from the Paddlers and Aileen, Jonathan and Brian FOAN who are compulsive club joiners.

We put in at the Clayoquot Bridge under a ceiling so low you could reach up with you paddle and touch it. For the rest of the day (no weekend!) I extolled the beauty of the scenery. If only you could see it. However, there were compensations, the lake was calm.

After an hour paddling along the eastern shoreline we put into the beach for lunch. The logging road now goes this far with fair access to the beach. After lunch the Kokura, Ronning and Foan canoes went over to the old Hatchery beach. The other two canoes headed for the head of the lake to claim the best camping spots. By the time we reached the Hatchery beach Jonathan was asleep so while everyone else went hiking I baby-sat. When Jonathan woke up we did the kind of things two year olds on the beach do-pile some pebbles, throw others in the water. The others returned from their hike along the beach and we canoed the three remaining miles to the mouth of the Clayoquot River and camp.

It was a pleasant, sheltered camp-site - a fairy dell as Mickey called it, with an abundance of dry firewood - yellow cedar for atmosphere and maple for heat. While Mickey read to Jonathan, the rest of us set up camp and made supper.

After supper - each to his own. I checked out the trail to Clayoquot Lake, Rudy fished - five cut-throat in short order. The river and its tributaries were higher than I had seen them before and I did some wading to get to the trail head. Salmon fry in the tributaries probably explained the greedy trout as well as the many mergansers including a mother duck with her waddle of ducklings we were continually surprising.

Next morning Rudy fished for his breakfast - two more cut-throat. There - seven fish before anyone else had had a bite. A lot of it is just confidence, he hadn't brought anything to eat. Martha had been more prudent. Later in the morning the Kokuras and Bruggers left for home. Kon, Tom, and I headed for Clayoquot Lake.

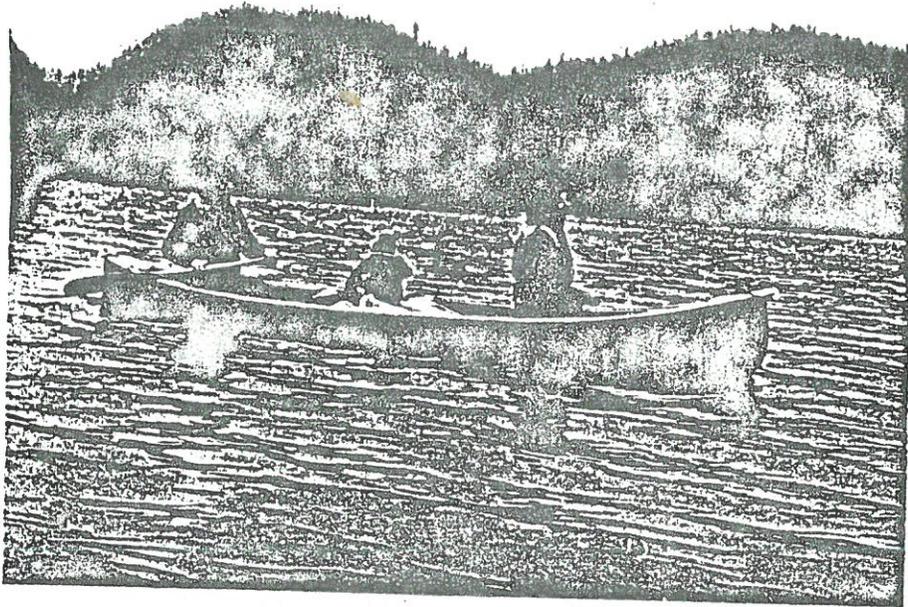
We had a slight disappointment at the end of the trail, the Fisheries skiff was not at its mooring place. Later I learned that a party of MB cruisers working in the upper valley were using it. Next time I'll pack a boat - an inflatable. We'd very quickly decided against portaging over that trail and if the sight of the upper rapids wasn't enough to dissuade us from lining up the river, the temperature of the water was. In any case, it started to drizzle so we went back to camp.

Then Tom and Al went fishing so I had to take Jonathan out "to catch fish". The motion of the boat soon lulled him to sleep. Then a power motor boat came roaring around the corner and as I was reminiscing of the short time ago when Clayoquot Arm was inaccessible to power boats - a canoeist's dream - the motor stopped. After some aimless hammering and drifting they paddled to shore. We left them for a while. The motor wouldn't start - no food, no sleeping bags and (if they hadn't been smokers) I am sure I would have added, no matches. We patiently explained the impracticality of taking them out in our canoes and later brought them some food. They gave us a note to take to Ucluelet: "We are broken down at the end of Clackwood Arm" - no map either!

The fishing yield two more cut-throat all to the Tom and Al canoe but Aileen had a brilliant idea. We pooled our food and made a joint supper.

Serious rain had held off for two days as it sometimes drizzled and sometimes the mist came down about our ears but on the third day it poured as only it can on the West Coast. At Ucluelet they recorded 8" in 7 hours. For 3 of those hours we were paddling (and bailing!) A typical wet south westerly provided an annoying cross wind most of the way and around Agnes Island we ran into the teeth of it for a while.

What a sodden, be-draggled crew it was that clambered out of their boats at the beach and an excellent introduction to the Summer of '76.



- B.E. Foan -

RULES FOR LEADERS

While these rules are generally written for day hikes, they can be adapted for any type of outing.

BEFORE THE HIKE:

Select an interesting route, lunch stop with a view, (where practical) and an objective or destination within the likely capability of the group. Where practical, make a reconnaissance, and possibly select an alternate objective.

Check boots, equipment and experience of the hikers. (If one hiker is hurt or out of condition, somebody should accompany him or her back, thus spoiling the outing for both.) Refuse to take those unsuitable. Do not accept hikers with dogs.

For large groups on hikes, break up into a number of groups, according to hiking ability, each with a competent leader, or else appoint a rear guard to look after the stragglers.

Arrange for someone to type an interesting and explanative account of the outings, including the names of the hikers and mail it to the editor within two weeks of the hike.

If the leader cannot lead, arrange for an alternate leader, or cancel the hike by contacting the district representatives AND appearing at the starting point to tell of the cancellation.

If no person should contact you regarding a weekend hike by Wednesday evening or Thursday evening for a Sunday day-hike, feel free to cancel the trip. It is the participants responsibility to notify the leader of his intention to attend the trip.

DURING THE HIKE:

Start slowly, stopping for viewpoints as for short rests. Later stop about hourly for a five minute rest.

Pick the route for safety, viewpoints and ease of hiking. Skirt burns and young forests (too much brush). Ridges are often easier to hike than valley bottoms.

Introduce new guests and make them welcome. Provide assistance to them in difficult areas.

Watch the progress of the group, stopping to let the slower hikers catch up. Adjust the pace and the destination to the ability of the slower hiker. If the group has to split, have a responsible leader, preferably with a map and compass, for each sub-group. Arrange between the groups for meeting place and alternative arrangements if one group does not appear.

Don't over exert to reach a destination - it won't disappear. Too fast a pace can discourage inexperienced hikers from enjoying the outdoors.

Promote Safety: Teach the use of the rope and ice axe on exposed slopes. Be equipped to render first aid. Discourage rolling rocks, sliding down unchecked snow slopes. Keep the group together.

Prevent Forest Fires: - by using camp stoves. Do not build a campfire except for emergencies. Pack out empty cans and other garbage such as orange peels. Prohibit smoking.

Keep the outdoors clean. Leave only your footsteps and your memories. Don't chop live trees. At campgrounds, dig a toilet if staying there.

Teach good woods and mountain knowledge and appreciation, such as route finding, avoiding rock outcrops, identification of flora and fauna, and naming adjacent peaks. Teach developing hikers to be leaders.

AFTER THE HIKE:

Assure that everyone is safely out of the woods before leaving the area. Organize a rescue if necessary and contact the R.C.M.P. or the Air-Sea Rescue.

THE LEADER IS GENERALLY RESPONSIBLE FOR THE SAFETY, WELL-BEING AND ENJOYMENT OF THE GROUP AND FOR THE PRESERVATION OF THE COUNTRY.

THOSE ATTENDING TRIPS DO SO AT THEIR OWN RISK AND THE LEADER CANNOT AND WILL NOT ACCEPT ANY LIABILITY FOR ANY ACCIDENTS OR INJURIES THAT RESULT. THE LEADER WILL MAKE EVERY EFFORT TO PREVENT SUCH OCCURANCES.

- John A. Cowlin -

Revised
Oct. 7/76

ISLAND MOUNTAIN RAMBLERS

CONSTITUTION

NAME: The name of the Club shall be the "Island Mountain Ramblers."

OBJECTIVES:

- a) To provide organized hiking and mountaineering trips.
- b) To work for the preservation of the parks and wilderness recreational areas, and to assist in development of trails and other primitive hiking facilities.
- c) To explore and record the routes to the higher and more challenging mountains, particularly Vancouver Island.
- d) To sponsor training for trip leaders, and to instruct members in the art of wilderness living, climbing techniques, and mountain rescue.
- e) To provide informal social gatherings and,
- f) Generally to do all such things as are considered necessary for the treatment of these objectives.

BY-LAWS

1 INTERPRETATION

In these by-laws, unless the context otherwise requires, words importing the singular number or the masculine gender shall include the plural number, or the feminine gender, as the case may be.

2 MEMBERSHIP

Membership in the Club shall be limited to one of the three classes following, and shall be acquired in the manner hereinafter provided.

2.1 MEMBER

A member shall be a person of a least 14 years of age who has fulfilled all requirements for the acceptance and the retention of this class of membership.

A member shall be active in the participation of club affairs. He may vote and hold office, and shall receive the Club publications.

Members of other Clubs who have distinguished themselves in mountaineering may join the Club after attending only one outing, and fulfilling all of the other requirements for admission.

2.2 ASSOCIATE MEMBER

An Associate Member shall be a person of at least 14 years of age who has fulfilled all of the requirements of Member, except attending two climbs, who supports the objectives of the Club, and who fulfills one of the following:

- a) A former member who no longer participates regularly in Club outings.
- b) An individual or organization who, in the opinion of the executive, can provide a special contribution to the Club, even though they cannot participate regularly in Club outings.

An Associate Member may attend all club functions, and shall receive Club publications, but may not vote or hold office.

2.3 HONOURARY MEMBER

An Honourary Member shall be a person who has pre-eminently distinguished himself in mountaineering exploration, or a person who has rendered services of exceptional value to the club or to mountaineering.

An Honourary Member shall enjoy all the rights and privileges of membership, but shall be exempt from the payment of annual dues.

3 VISITORS

Visitors are welcomed to attend up to three Club functions. Further participation in club activities shall be discouraged unless application has been completed for Club membership.

4 ADMISSION AND EXPULSION OF MEMBERS

- 4.1 Application for Member or Associate Member shall be made on the regular Club form, and counter-signed by two Members who are satisfied that the person will be an asset to the Club. The application for Member shall detail at least two climbs which the applicant has made with the Club during the past twelve months, and shall be dated and signed.
- 4.2 To retain the status of Member, a person shall attend at least one hike, climb or camping trip each year with the Club. In extenuating circumstances, this requirement can be waived upon written application to the executive. Members who do not fulfill this requirement shall be so notified by the secretary, between November 30th and the following January 31st. Upon payment of dues, shall be assigned Associate Membership.
- 4.3 The spouse of a Member may apply for membership without attending a Club outing.
- 4.4 Although persons under 14 are ineligible for Club membership, they may participate in Club activities when supervised by an adult.

- 4.5 An Honourary Member shall be elected by ballot of the Club members, upon a favourable vote of at least two-thirds of the votes cast at the election.
- 4.6 The club executive, at an executive meeting attended by at least half of the executive, shall have the right, by the unanimous vote of those members present, to expel from the club any member. This action may only be taken if a formal statement of the complaint against a member has been made to the executive, a notice of the complaint has been sent to the member at his last known address and reasonable opportunity for defence has been afforded him.

5 ANNUAL DUES

- 5.1 Member and Associate Member dues shall be: Single: \$5.00 Family: \$ 7.00
- 5.2 Dues are payable on April 1st of each year, and are in arrears by November 30th of that year. Members joining the Club before or on August 31st shall be liable for the annual dues. Members who join after August 31st shall have their first dues good for that year and the following year.
- 5.3 Any member whose dues are one year in arrears shall forfeit his membership. Any person who has resigned from the club, or who has forfeited his dues may be reinstated at the discretion of the executive, and upon payment of current dues and the previous year's unpaid dues.
- 5.4 No member whose dues are unpaid shall be entitled to receive any of the club publications.

6 OFFICERS AND EXECUTIVE

- 6.1 The officers of the club shall be:

| | | |
|----------------|-----------|----------------|
| President | Secretary | Past President |
| Vice-President | Treasurer | |

- 6.2 The executive of the club shall consist of the officers and the district representatives. The district representatives shall be elected by the executive with one representing each district where there are at least two club members. Officers of the club may also be district representatives and club appointees. District representatives shall be appointed at the first Executive Meeting after the Fall Meeting.
- 6.3 District representatives may be removed from office by a two-thirds vote of the members at a general meeting, or by a two-thirds vote of the executive at an executive meeting.

7. NOMINATION AND ELECTION OF OFFICERS

- 7.1 At a Fall meeting, the membership shall appoint a nominating committee of three members, with the Chairman of the committee preferably a past president of the Club. The nominating committee shall prepare a slate of at least one member for each office, except that of Past President, who are willing to stand for election in the ensuing year.
- 7.2 The President shall not be eligible for more than two consecutive terms in office.
- 7.3 The report of the nominating committee shall be published in Timberline Tales. In addition to those proposed by the nominating committee, candidates may be nominated at the annual meeting.
- 7.4 The election shall be held by secret ballot at the annual meeting. The ballots shall be counted by two scrutineers who have been appointed by the President.
- 7.5 In case of a resignation, or otherwise vacating an office, the executive or the Fall meeting shall appoint a member to fill the unexpired term of office.

8 EXECUTIVE RESPONSIBILITIES

- 8.1 The Club executive shall be responsible for establishing the policies of the Club, and shall have the general charge, supervision and control of all the affairs, property and interests of the Club. The executive shall be responsible for establishing all duties and functions for administering the Club's activities, and control of expenditure.
- 8.2 The executive meetings shall be called by the President, or in his absence, by the Vice-President. A quorum shall consist of four members of the executive. In the event of a tie vote, the Chairman of the meeting shall have the second and casting vote.
- 8.3 A resolution in writing, duly signed by two-thirds of the executive, shall be as valid as if it had been passed at a meeting of the executive duly held.

9 OFFICERS' RESPONSIBILITIES AND DUTIES

- 9.1 THE PRESIDENT shall act as chairman of the executive and shall preside at the meetings of the members and of the executive. He shall appoint such special committees as he deems necessary, and shall be responsible to the executive for the functions of these special committees. He shall be an ex-officio member of all committees.

- 9.2 The President shall sign, on behalf of the Club, all contracts and formal instruments, and shall perform such other duties as may, from time to time, be assigned to him by the executive. The President may approve routine expenditures for payment. He shall be an alternative to the Treasurer to sign cheques.
- 9.3 THE VICE-PRESIDENT shall perform all of the duties of the President, in his absence.
- 9.4 THE PAST PRESIDENT shall assist the executive in their work of managing the club. In the absence of both the president and vice president, the past president shall perform all of the duties of the president. The past president normally shall be the chairman of the nominating committee.
- 9.5 THE SECRETARY shall, on instructions of the president or as otherwise provided, call meetings of the executive and of the club. The secretary shall present the business, keep records of the proceedings, and conduct all correspondence and related works, commonly the responsibility of the secretary, and not specifically delegated to other members of the executive. The secretary may approve routine expenditures for payment.
- 9.6 THE TREASURER shall be custodian of all monetary matters of the club, and shall have charge and responsibility of the books and the accounts, including the signing of cheques.
- 9.7 Routine expenditures shall be authorized by the president and secretary, before being paid. Extra-ordinary expenditures shall be authorized by the general meeting, or by the executive, subject to confirmation at the next general meeting. The treasurer shall make petty cash disbursements of up to \$5.00, as required, but shall obtain signed receipts for all payments.
- 9.8 The treasurer shall receipt all incoming moneys, and shall operate bank accounts as required. He shall prepare financial statements for the annual meeting, and at such other times as required by the executive.
- 9.9 The club books shall be closed on March 15th, and shall be audited before the annual meeting.
- 9.10 The treasurer shall act as membership chairman and shall welcome and introduce guests and new members, keep up-to-date records of the members, including their addresses and telephone numbers. He shall keep club badges and pins and may sell them only to members.
- 9.11 The treasurer shall be responsible for all club property and shall keep it in good operating condition. The treasurer may have one or more members, as approved by the executive, to assist him in the membership and custodianship duties.

10 DISTRICT REPRESENTATIVES' DUTIES AND RESPONSIBILITIES

The District Representatives shall be responsible for co-ordinating the activities of the club in his area. This includes organizing day hikes and other local activities, arranging for transportation for club activities, assisting the Treasurer in membership duties, and generally being responsible for the local Club activities of the Club, in co-operation with the Club executive.

11 CLUB APPOINTMENTS

11.1 The executive may appoint members of the Club to the following positions and to any other positions as is deemed necessary to conduct the Club's business.

Editor and Publicity Chairman
Club Historian
Trails Committee Chairman
Outings Committee Chairman

11.2 Chairman of these committees may attend executive meetings, but shall not form a part of the executive.

11.3 Special committees may be appointed by the President. These committees shall be relieved of their duties on completion of their work, by the executive or by the membership.

12 CLUB APPOINTEES' RESPONSIBILITIES AND DUTIES

12.1 Outings Committee Chairman. He shall chair the committee meeting at which the Club's activities are planned. He shall arrange for leaders, prepare the detailed description of the outings for the annual schedule, assure that the leaders are properly trained and instructed, and generally perform those duties which are necessary to provide the Club outings and other activities.

12.2 Editor and Publicity Chairman. He shall publish and distribute to all members the official Club publication, Timberline Tales, together with the annual schedule of activities by late January. Other bulletins of Club news and affairs, published on a quarterly basis shall also be mailed to the members. Publication in any of these bulletins shall constitute proper notice of meetings, amendments to the by-laws and notices to Club members.

The Editor and Publicity Chairman shall also direct any publicity of the Club affairs.

- 12.3 Club Historian. He shall keep a scrap book of Club activities, together with non-current minute books, financial records, and other historical records of the Club. The scrap book shall be available for examination by the members at all general meetings.
- 12.4 Trails Committee Chairman. He shall be responsible for co-ordinating the activities of the Club in constructing trails, recommending the location of trails and other primitive improvements. He shall work with Parks Branch, Provincial Department of Recreation and Conservation and with other Clubs and organizations in the fulfillment of these duties.
- 12.5 Other Club appointees shall have those responsibilities and duties as designed by the president when, or after, they are appointed.

13 GENERAL MEETINGS

- 13.1 The Annual Meeting shall be in the month of March or April and shall be at a time and location as set by the executive and, so far as possible, as published in Timberline Tales. The business of the annual meeting shall consist of:

- Reports of Officers
- Report of the Auditor
- Appointment of Auditor for the ensuing year
- Election of Officers.

and such other business or activities as should be held at an Annual Meeting.

- 13.2 The Fall general meeting shall be in the month of October or November and shall be at a time and place as set by the executive. As well as conducting the regular business of the Club, the program shall consist of the showing of slides of Club Activities, a speaker and/or such other activities as arranged by the executive or the outings committee.
- 13.3 Other general meetings may be called by the President, or by a written request signed by at least 10 members of the Club. Such notice, setting out the reason for the meeting, shall be mailed to the members of the Club within a month of the President receiving the request. The meeting shall be held between one and four weeks after receipt of the notice by the Club members.
- 13.4 Ten members of the club shall constitute a quorum.
- 13.5 Except as otherwise provided, the vote of the majority of those voting shall govern. In the event of a tie, the Chairman of the meeting shall have the second and casting vote.

13.6 The vote of the members may be by mail, providing suitable ballots are sent to all members, with the time and place of their return fixed. The vote of the majority of the ballots counted shall govern, unless otherwise provided in the bylaws.

13.7 To the extent that is practical, all elections shall be by secret ballots.

14 LOCAL SECTIONS

14.1 Local sections of the Club may be formed in any area where there are at least ten club members and where, in the opinion of the executive, it is desirable to have a local section. Local sections may only be created upon a vote of the general membership.

14.2 The local sections shall abide by the constitution and bylaws, subject to ratification of the executive of the Club. The local sections shall be responsible for furthering the aims and objectives of the Club in their designated location.

15 AMENDMENTS

The Constitution and By-Laws of the Club may be amended at any time, by the following procedure:

15.1 The amendment shall be proposed by not less than five members of the Club. This notice shall be delivered to the President at least six weeks before a general meeting.

15.2 A notice of the amendment shall be mailed to each member at least two weeks before the next general meeting. The notice shall state the names of those members proposing the amendment, the amendment, and the time and place of the meeting at which it will be considered. Alternatively, a vote of the members shall be taken by mail, as provided in section 13.6

15.3 The amendment shall receive the approval of at least two-thirds of those members voting to be approved.

