

PIGEON SPIRE

KOOTENAY MOUNTAINEERING CLUB JOURNAL

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# EDITORIAL

1

Since the fall edition of 1968 was published, both our editors have resigned. I would like here to thank them for the splendid job they did during their term. Having them both resign at one time was a bit of a blow, but in some ways was a good thing. It brought home to me at least, how much we have come to take the Karabiner for granted and how little we know of the work that goes into hounding people for articles. For any shortcomings in this edition, I, as stopgap rookie editor hereby apologize. My thanks to all our contributors for articles in this edition.

The Crisis with the A.C.C. has been resolved and this edition of the journal will put the lid on it once and for all, I hope. No further correspondence on that matter will be entertained.

To try and ensure continuity of publication and avoid crises when a "one man band show" quits, I hope to see a Karabiner Committee formed with separate responsibilities for editing, printing, advertising and distribution functions. The work for one person in looking after all of these is a bit much. Pursuit of advertisers for this edition has been neglected, but with someone responsible for this function only it should be put to rights in the next edition.

Our most important project for this year is the erection of a climbing hut in the Valhallas. At the time of writing we have no firm costs, but with the need of a helicopter to fly in materials and so on, it will not be cheap and the hut fund could use donations--large or small. The proposed site in the Valhallas will, I am sure, become one of the more important North American climbing areas in the not too distant future.

I would like to record here the Club's thanks to Mr. Ran Harding our representative in Ottawa. His prompt replies to our letters on conservation matters and his unflagging efforts in Parliament are first rate and clearly show the advantages of having an M.P. in a minority party. The Provincial Government ministers also ensure reclamation of strip mined areas. We hope so! Included with this edition are hand outs from the B.C. Wildlife Federation and the Outward Bound Trust, I am sure our readers will find them interesting.

We trust that Helen Butling's leg is well on the mend and that maybe in the next edition she will write an article on "Ski Bindings" as well as one on her "Little Lakes" series.

Negotiations for the Old Glory cabin are still pending and Dave Parfitt is doing sterling work in wearing down the present owners. Anybody who ever tried to wear out a government department will appreciate his difficulties. Lastly but not leastly my thanks to all who assisted in any way in producing this edition of the Karabiner.



*"Whoops! For a minute there,  
I thought we'd had it!"*

# 3 | CHAIRMAN'S MESSAGE

by Iain Martin

It has been a bit of a winter in the Kootenays what with twenty feet of snow and long periods of sub zero temperatures. Besides being frozen up by the Weather Man we have been frozen off by the A.C.C. We held a meeting in January to draft an amended constitution and clear the air generally regarding our difficulties in living with the old constitution. The new draft was sent off to the A.C.C. for approval but it seems the meeting was a waste of time and the letter a waste of paper--the A.C.C. in all it's wisdom had already seen fit to dissolve the Kootenay Section for violating by-law 12(b) of the Alpine Club of Canada. The trouble was that we had elected an Executive comprised of insufficient numbers of A.C.C. members. The fact that the section had grown to the extent it had, reflects credit on our A.C.C. members. Unfortunately, they became a minority group, and too few in number to rotate as Club Officers. The course followed was the logical one for us, the consequences perhaps inevitable. It is perhaps a trifle saddening that the decision of the A.C.C. board of management was unanimous, it seems to indicate a lack of real interest in mountaineering generally and the difficulty of sections such as ours, in complying with narrow minded constitutions. If the A.C.C.'s claim to be "Canada's National Mountaineering Club" is to be more than an empty slogan, then it is they who will have to broaden their outlook.

Under the new name of Kootenay Mountaineering Club it is business as usual for us. We have no way to go except up, and if we concern ourselves with club activities, rather than some other club's petty by-laws, then I have no fears for the future of Kootenay Mountaineering Club.

# FROM THE MAIL BAG

4

Sirs,

I am distressed that you published Mr. Iain Martin's article "Climbing on Europe on 50 cents a Day". If he is joking, it is not very funny. If he is at all serious, it is disgraceful to take advantage of the kindness, trust and hospitality of the Swiss, German and French people is completely reprehensible and unbecoming to all Canadians.

Yours truly,

"W.E.M.M."  
Victoria

I am duly chastened and hereby give back my Leacock--Twain--Burns--Mummery--Karabiner medal.

I.M.

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Sirs,

The article on Survival in the Valleys was a screech. Funniest thing I've seen in a climbing journal. It would be better if more of our climbing journals took themselves less seriously. Top marks to your editors and Mr. Martin.

Yours truly,

"J.R.B."  
Vancouver

Gimme back my L--T--B--M--K medal.

I.M.

Dear Sir:

I have just read with interest the Fall 1968 (Volume 9) issue of the "Kootenay Karabiner". Although we are temporarily living in California, my wife and I are from B.C., and are avid supporters of Canadian mountaineering.

Since the Fall 1968 Kootenay Karabiner was published, I understand you club has dissociated itself from the Alpine Club of Canada. As a member of the virile and independent B.C.M.C., I believe you made the best decision. Although the A.C.C. serves a very useful purpose by publishing the Canadian Alpine Journal, it does not represent the majority nor the more progressive of Canadian mountaineers.

We support the establishment of the Mountaineering Council of Canada, since we feel that such an organization could serve several useful functions, among which are: (1) Liason between mountaineering clubs across Canada. (2) Initiation and support of conservation. (3) Sponsorship and financial support for major expeditions. (4) Representation of the climbing fraternity in dealing with official agencies, such as the National Parks and search and rescue organizations.

Yours truly,

"B.H."  
Albany, California

# 6

## QUESTIONNAIRE RESULTS

Distributing points to each activity according to preference, the breakdown for popularity of each was as follows:

Rock Climbing 18%, Snow and Ice Climbing 18%, Hiking 32%, High Mountaineering 32%.

75% of those who replied considered the ski touring programme to be adequate. Among the comments and criticisms were suggestions that we should cover more areas and have less repetition and that more overnight camps should be included.

About 50% of the people who completed the questionnaire considered that the programme for week-end meets left something to be desired. The only comment received on this was that we should have a greater number of "easy" camping and fishing trips included in the summer schedule.-

Number of trips attended last winter?

None 20 -- non skiers of the world unite

1 4

2 12

3 4

All but

one 1 -- good for you Helen B!

Number of trips attended last summer

None 8

1 6

2 12

3 8

4 4

5 -

All None

Averaging the whole thing out over the whole club shows this to be less than two trips per person, which doesn't really show us to be over indulging in Club Activities!

The survey of systems for noting when activities are to be held indicates that we should perhaps circulate a programme monthly.

44% of the members have attended rock school and 29% snow and ice school, 32% have attended neither. Of those who attended neither, 15% were not members at the time.

Only one person considered the formation of a mountain rescue team was not important. Only about 25% of those who completed the questionnaires have any experience at all in rescue work and some of these live outside the area. However, it appears we have a sufficiently interested nucleus to get down to some serious training this year. Dave Parfitt will be in touch.

Of those who have not trained, the majority claim lack of time.

Almost everyone favoured running a winter programme of slide and film shows. 60% favoured a fortnightly programme and most of the remainder a monthly show.

By a narrow margin, Friday was deemed to be the most popular evening and by a long way (70%) Castlegar the most popular Venue. The suggestions for types of programme to be held have been noted and are presently being worked on.

Suggestions for other social activities ranged from booze ups to barbecues, folk dancing to fun things. An après ski party was suggested, held and was a staggering success. Other suggestions are being worked on.

The size and form of the executive was generally considered to be suitable. One suggestion which cropped up was that committee chairmen be members of the executive. This can be decided at a future meeting.

On the financial side, 16% felt we should operate on a "break even" basis, 84% felt we should operate on a policy of maintaining a working reserve of capital, with some reservations about squandering and confiscation of funds by you know who and their proposed schedule "A".

Of our club membership who completed the questionnaire, 75% were not members of A.C.C. Of these, one third declared interest in becoming A.C.C. associates. None expressed any interest in becoming A.C.C. members.

Conservation

Everyone felt we should be more active in the field of Wilderness conservation. The majority felt that we should concern ourselves with the whole B.C. picture and not just matters of local concern. Everyone expressed interest in talks on conservation and 75% expressed a willingness to affiliate themselves with the B.C. Wildlife Federation at a cost of \$2.00 per member. It will be proposed at the next general meeting that we raise our dues to cover this. Many people suggested that we become concerned as individuals with letters to papers, letters to "people" e.g.: Kaiser Coal et cetera. There were also requests for more information. This would be forthcoming with your affiliation to the B.C. Wildlife Federation.

Library

The present situation regarding the use of the library is not clear owing to our recent difficulties with the A.C.C. It is hoped that we shall build up a new library.

## Membership:--

75% would like to see our numbers increase and to this end suggest active recruiting. Suggestions--Everybody introduce a new member this year. Publicize our activities more. With only one exception it was felt that we should appoint a public relations officer who's job it would be to keep the press and radio informed of our activities.

# REPORT OF THE CONSERVATION COMMITTEE

9

by Graham Kenyon

Three items have given rise to concern since our Fall meeting. Father Smith expressed alarm following the news that logging operations were being allowed in Glacier National Park. We wrote to Randolph Harding MP for more details and discovered that the public outcry had already been sufficient to prompt the Federal Government to negotiate the purchase of the timber licences. At last report negotiations were "well advanced" with six of the seven owners involved. They have all agreed in the meantime not to start operations. Minister Jean Chretien has stated his determination to see that such operations resulting in the undesirable destruction of natural features will not take place.

Along with many thousands of others concerned organizations and individuals, we wrote to the Provincial Government to state our views on the surface mining issue. In summary, the opinion expressed was one of concern at the apparent inaction with regard to the implementation of control legislation. Although not opposed to the exploitation of our natural resources, provided it is done in the best interests of the people of B.C. the letter stated that we were opposed to exploitation for short term gain with control over how the land is used or how it is left.

Since then legislation has been drafted and at the time of writing is in the committee stage. On paper it appears to offer the means for strong and effective control of surface mining, but unfortunately legislation is only as effective as the machinery used to carry it out. In this case, to ask the Minister of Mines to administer reclamation legislation is to bias the effectiveness of this legislation. Ecology, forestry, wildlife management, agriculture and recreation values are the major concerns of reclamation, not mining. Therefore, it makes sense to ask experts in these fields to administer reclamation legislation. These fields stand to benefit from money spent on reclamation; to mining, reclamation is an added cost--a loss of profit or possibly the difference between a go or no-go operation. Which is going to be more effective?

Finally we wrote to Mr. Kienan requesting his assurance that the Kokanee road would be repaired and maintained this year. It deteriorated considerably last year, and according to Milt Goddard, our District Parks Officer, it will be unusable unless work is done on it this Spring. He also pointed out that the Homestake Silver Mine had still done nothing to clean up the pile of oil-soaked debris beside Gibson Lake. They said they would wait for the fire hazard to diminish before burning the rubbish - that was two years ago.

Mr. Kiernan promised to ask the Minister of Highways to rectify the situation regarding the road; and to inform the Department of Mines of the pile of oil-soaked debris caused, and left, by the Mining Company. Mr. Brothers pointed out the benefits of Mining Companies opening up inaccessible territory to lovers of the outdoors; then said he doubted if the company in question could be required to maintain the road for the use of private automobiles. We may have to follow up on this one, so sharpen up your pencils!

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For the Record

The Greatest recorded snowfall for a twelve month period was at Paradise Ranger Station, Mount Rainier, Washington; with a recorded figure of 1000.3 inches in 1955-56.

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R.F. Kennedy on reaching the summit of Mount Kennedy --  
"Great! Now let's get to hell out of here."

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Although Bronze Age artifacts have been found on the summit of the Rifflehorn, mountaineering as a sport, has a continuous history dating back to only 1854.

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The earliest dated skis found in Fenno-Scandian bogs have been dated to 2,500 B.C.--skiing may be having a boom, but it sure took a while to catch on!

# A SOLEMN SOLILOQUY ON SNOW SURVEYING

11

by D. Parfitt

The words "snow surveying" probably do not leave any clear impressions in your mind and if they do, you probably picture a man squinting through a theodolite, at the same time signalling with his hands to his assistant standing some distance away, steadyng a red and white banded pole which is thrust into the snow. In case you have this erroneous impression, I shall try and dispel it, for snow surveying has become a steady source of income for our Club.

Previously, snow course number 42, Old Glory Mt. was surveyed by the Department of Transport crews from the weather station at the top of the mountain. Then in January 1962, the weather station was burnt down, consequently no records were kept last year, breaking eighteen years continuity. Last fall, we were asked by the Provincial Government to do the snow surveying for them (for a small remuneration, of course!)

A paragraph in the front cover of the "Snow Survey Bulletin" gives the best concise description of snow surveying that I have seen. I quote:

"Basically, snow surveying involves the establishment of snow courses (snow measuring stations) at predetermined elevations and locations on the slopes of major and tributary drainage basins. Most snow courses consist of ten sampling points spaced at 50 to 100 ft. intervals. Measurement of a snow course is effected by the use of specially devised sampling equipment, of which the main components are 30" sections of aluminum alloy tubing joined by couplings and a tubular spring weighing scale. At each measuring point the sampling tube is used to cut a core through the full snow depth; the depth is noted and the core is weighed. The diameter of the tube is such that 1 ounce of snow is the equivalent of 1 inch of water, so that each sample gives the actual water equivalent as well as the snow depth. The average of all the points is the snow water equivalent and snow depth for the course. After measurements have been taken at the same sampling dates for a period of years, a correlation is derived for a watershed by relating water equivalents to the subsequent snow-melt run-off. This relationship forms the basis for volume stream-flow forecasting."

Prior to this year, there were fifteen sampling points on the Old Glory snow course but this season the number was cut to ten. Station nine was missing and station ten subject to serious drifting so we are sampling stations 0 to 11 with these two omitted. The Old Glory Snow Course at 7000' is the third highest in B.C. after Assiniboine (7,300') and Kimberley Upper V.O.R. (7,025') and is one of the most difficult to reach.

On our first trip this year, Roy Hopland and I were shown how to do the sampling by Dave Thompson of the Water Investigations Branch of the Provincial Government. We found the sampling easy compared to the trip in, which took seven hours through knee and sometimes thigh deep snow. Sampling took one hour and we skied out mostly in the dark. We found out later that the snow depth and water content were the highest ever recorded on Old Glory in January.

The second trip was done by Roy Hopland, Gerry Brown and Tom Smith. Their measurements showed that the nineteen year record had been maintained up to the end of February.

When Bill Hurst, Bill Michause and I did the sampling at the end of March we found the snow tended to stick inside the sampling tube after weighing and we were forced to use a pull-through to clean it out between samples. On our way back we were surprised to find four Skidoo's at the Ridge Cabin. Muttered curses failed to turn them into snowballs, but they soon reared off in a cloud of blue smoke and we set to work with a cross-cut saw and skis to cut and pry huge blocks of heavy snow off the cabin roof. We returned to the highway down the summer trail and logging road. Later that evening I sent a telegram to Victoria with the results, snow (depth) 81.5. Water (equivalent) 32.1.

Comparative figures have not yet been issued, so it is impossible to say yet whether we have a record for the end of March.

Figures for the January and February surveys were respectively snow depths 86.5 and 98.3. Water equivalents 28.0 and 33.1.

It is virtually certain that the K.M.C. will be given custody of the Ridge Cabin because of the snow survey. However, there are rival claims to it and the matter will not be resolved until the Lands Department has surveyed it (with a theodolite) in the summer.

# THOUGHTS OF AN OLD-TIMER

13

by Silvia Evans

When the Editors of the "Kootenay Karabiner" invited comments on the article "A Constitution - Who Needs One?", I tried to write a reply; but it kept getting too long and boring! You may have already had more than enough response, but I shall jot down some of my ideas, in case they might help to correct misunderstanding or answer some questions arising in your Section.

## What are the Aims of The Alpine Club of Canada?

Although affiliated with The Alpine Club of Great Britain, our Club has never been a similar organization (i.e. an association of elite climbers). As stated in our Constitution, the objects include exploration, conservation and education, in addition to "the encouragement and cultivation of mountain craft". I don't know of any other mountaineering club which places as much emphasis on training of beginners and giving them the leadership necessary to "go safely in dangerous places".

## How are the Aims Carried Out?

The members elect officers who appoint committees, deal with policy and administration, plan climbing camps, sponsor training of guides and disseminate information through the publications. Much of the Club activity takes place in Local Sections, wherever groups of members wish to join together to further the objectives of the A.C.C. These Sections are not required to do any specific work, their achievements depend on the initiative and circumstances of each group. So far we have managed to avoid getting bogged down in "over-organization".

## How is the Club Financed?

Most of our assets come from gifts, bequests, fund-raising drives - and donated physical labour. Thus we have the Clubhouse and cabins in Banff, climbing huts, equipment and a fine mountaineering reference library.

We appear to have substantial investments; but these are mostly tied up, representing bequests for designated purposes, life memberships, depreciation funds et cetera. We are suffering from inflation (who isn't?), rising taxes, printing costs et cetera. The situation could be improved by increasing the membership and the use of the Clubhouse and Huts.

Is the A.C.C. Out-of-date?

Some members are genuinely concerned about our old-fashioned image, and how we might change the Club to provide more appeal, especially for younger people. Personally, I doubt that mountaineering could be made into a fun thing for kooky kids. It requires judgment, responsibility, unselfishness and effort, so we are stuck with concepts which are not too fashionable these days. In the jet age we can only offer a refuge from push-buttons and urban stress, but the value of this may be increasingly recognized. I am encouraged (though surprised) by a recent observation: all the young brides I know are collecting sterling silver. What could be more expensive, impractical - and old-fashioned? And yet it seems that the value has a wide appeal. There is always room for improvements; but I feel that we should be careful about making drastic changes in the character of the Alpine Club of Canada. By trying to get rid of our old-fashioned heirlooms, we might just find that we have discarded some priceless treasures!

What has the Club accomplished recently?

1. We have erected six new mountain huts and bivouac shelters, and have cooperated with other organizations to provide a few more. Two more are planned for 1969.
2. In 1967 the Club (under joint sponsorship with the Yukon Territory Government) carried out the largest expedition to a remote mountain range that has ever been undertaken anywhere in the world. Approximately 250 climbers participated in the Yukon Alpine Centennial Expedition. Novices enjoyed making first ascents under the leadership of the "old fogies" - like Lord Hunt and Fritz Wiessner.
3. The Club organizes regular summer and winter mountaineering camps, and "recce" expeditions to find new sites for camps.
4. Sections continue to hold outings, climbing "schools" and indoor meetings featuring films, slides and speakers dealing with mountain subjects. For example: last spring the Edmonton and Calgary Sections brought Dr. Tom Hornbein from Seattle, to give public lectures on "Everest: The West Ridge" - and he turned out to be a fantastically good speaker!
5. Members have given talks and climbing instruction to other groups organized by City recreation departments, Boy Scouts et cetera.
6. The Club has recently published "A Climber's Guide to the Coastal Ranges of British Columbia", and an Index to our Canadian Alpine Journal (which is the official record of climbing in Canada).

7. We have supported the formation of the Association of Canadian Mountain Guides, and the courses for qualification of accredited professional guides.

Besides the above activities, there is the routine work done by Committees, the Librarian, the Photographic Secretary and the Club Manager (the only official who is paid - for some of his labour).

#### Should All Canadian Climbers Belong to the A.C.C.?

Obviously a Club like this will not suit everyone. Some climbers only want to climb with chosen friends in a limited area, they do not care to teach novices, do hut chores, or take responsibility for promoting mountaineering in general. There is scope for climbing clubs of different types, which should be considered as complementary rather than competitive. A.C.C. Sections work with other groups (e.g. on mountain rescue), and some of our members belong to other clubs as well - mostly foreign clubs, but in some instances Canadian climbing clubs. However, there should be no doubt that the A.C.C. is the national club of Canada; and any climber who is genuinely concerned about furthering the knowledge and appreciation of our mountains ought to join.

#### How Can We Increase Our Membership?

Most of us agree that one of our main needs these days is better "public relations". I am sure that there are many mature, noble, energetic people (of all ages) who would join the Alpine Club of Canada, if they knew more about the true character of our Club and the many advantages which are offered. We are now taking more interest in publicity, and everyone can help. The Sections can make the most contribution, through personal contacts; and getting new members for the A.C.C. is perhaps the one field in which the Kootenay Section has not set a shining example! All the Sections have similar problems - some people drop out because they become more interested in other things or are too busy raising families or whatever, others feel that the local contacts and activities are sufficient; but many of us find that when we become truly involved, attending Camps, meeting like-minded people from many parts of Canada (and other countries) and taking our part in the rich history of the Alpine Club of Canada, this is the most worth while association in our lives. How can I explain the experience briefly? I might tell about my first A.C.C. Camp, where General Foster and Captain MacCarthy described the first ascents of Mt. Logan and Mt. Robsin, at the camp-fires - or of the climbing friends I have made from Oslo to Tokyo - or of how I have been accorded members' rates in huts of the Swiss Alpine Club, the Appalachian Mt. Club and the Seattle Mountaineers, on the strength of belonging to the A.C.C. - or of skiing out from the Outpost Lake Hut at 50 below zero!

The Warden thought alpiners should have their heads examined, and perchance you will think the same in spite of my sales talk.

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We printed this to let A.C.C. know we bear them no malice, Poor Dears. Thank you Miss Evans.

Ed.

# WHAT PRICE CONSERVATION?

17

by Graham Kenyon

"Dear sir," wrote a lady recently to the B.C. Wildlife Federation, "I appreciate very much what you are doing to save our mountains. I have enclosed a cheque for \$100 which is all I can afford at present. If I can I will try to send more at a later date. Meanwhile keep up the good work."

What price conservation? To this lady one hundred dollars was not an unreasonable sum when she believed her mountains were at stake.

And yet it is so true that a six cent stamp on the right letter at the right time can also represent a very effective contribution towards conservation.

What is a reasonable price to pay and how should it be spent? In this province we are fortunate because we have one of the most active conservation groups in Canada working for us. For the nominal sum of two dollars per member per year an organization may become a part of a federation of clubs and individuals dedicated to the conservation of B.C.'s wildlife, outdoor recreational and environmental quality values: the B.C. Wildlife Federation.

In pre-Federation days, conservation and outdoor clubs were merely voices crying in (or for!) the wilderness. The Federation has strengthened and unified these voices into one of the most powerful and effective conservation organizations in Canada. The full time staff under the dynamic and eloquent leadership of Howard Paish is constantly involved in all affairs under the broad heading of conservation. Whether we like it or not, politics is an important factor in the conservation of our outdoors, and here the Federation is particularly valuable since it is recognized by government as the voice of the outdoorsmen.

An indication of the broad spectrum covered by the B.C. Wildlife Federation is the following list of some of the more important projects worked on during the past year: the Roberts Bank rail route; firearms legislation; Chilcotin reserve for big-horn sheep; "Wild Rivers" park scheme; Creston Wildlife Management Area; effect of the Roberts Bank Superport on water fowl; land use in the Quesnel area; Outdoor show in Vancouver; natural resource legislation pulp mill waste disposal; reservoirs; pollution control; hunting and fishing ethics; surface mining control legislation; conservation officers and their role in wildlife management; and so on.

For many years the Federation has depended upon sportsmens organizations for support, and to a large extent this is still true. Despite the fact that the objectives of these organizations are more aligned with the broad conservation principles of the Feberation, the fishing and hunting image is hard to shake. The changed attitude evolves from simple logical facts of life; to have hunting and fishing one must have game and fish; to have these one must have habitat; to have this one must have a satisfactory environment and sensible land management; if we have pollution and irresponsible land and resource use, what do we have? Suddenly one realizes that the means is more important than the end, because not only does hunting and fishing depend on these factors, but so does the quality of life itself.

What price conservation? If two dollars a year is not an unreasonable sum for you, then I can think of no more effective use for it than as a subscription to the B.C. Wildlife Federation.

At the Fall meeting I will make a motion that this club become a full member of the B.C. Wildlife Federation, and accordingly that the sum of two dollars be levied from each member over the age of eighteen to pay the required dues for Federation membership. I look forward to your support and to a firm commitment by this club of ours to the conservation of the land, the mountains and the wilderness we all enjoy.

# LIVING OFF THE LAND

19

by Libby Martin

Ever thought, when backpacking, how good it would be to cut down on that load? It seems impossible when one is at home, packing the pack. Yet, many folk, through experiment, have learned to exist entirely on food collected while in the hills. It is, in fact, amazing how many plants are edible. The following are a few suggestions:

## 1. Glacier Lily

Yellow flower with six long petals, rolled back in typical lily fashion. Two glossy green leaves.

Flowers soon after snow leaves the ground. Found in meadows above 3500 ft.

Food use - flowers, leaves, seedpods, and bulbs may be eaten raw or boiled.

Note: The Avalanche Lily, though less common in B.C. can be used in the same way. The flower is larger and white.



Glacier  
Lily

## 2. Cow Parsnip

Large plant, with thick, coarse, central stem. Branches bear leaves made up three large leaflets. At the top of the plant, the main stalk bears an umbrella-like arrangement of small white flowers.

Found in fairly moist soil from sea level to the snow line.

Food use - young stems may be eaten raw or boiled.

Head



Leaf



## 3. Salads

The leaves of any of the following plants may be used as salad material: nettle, dandelion, wild mustard, wild onion, plantain, watercress.

4. Spruce Tea

Boil needles of the Spruce evergreen with equal amounts of water. Drink as for ordinary tea. Very nutritious as it contains vitamin C.

5. Egg Substitute

Two tablespoons of snow (fresh and light) will take the place of one egg in a batter. To compensate for added water content, make batter thicker than usual. Stir snow in rapidly just before cooking.

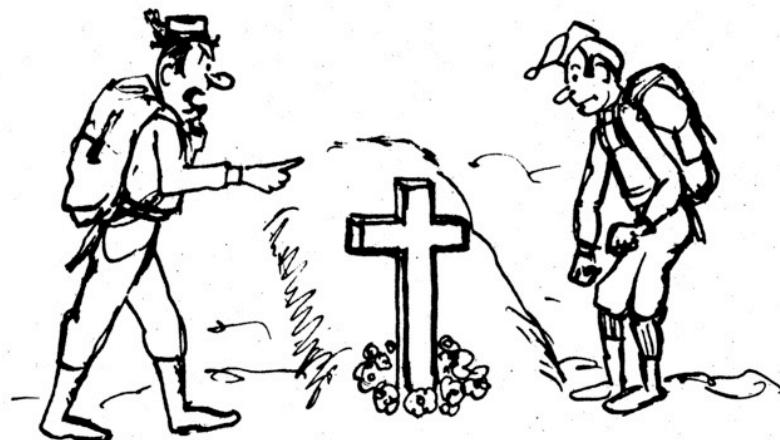
They all sound alright -- you are welcome to try!

Acknowledgements:

Food in the Wilderness: Martin & Scott

How to Build Your Home in the Woods: Augier

Trees, Flowers, and Shrubs to Know in B.C.: C.P. Lyons



"He was an authority on living off the land!"

SUMMER 1969 SCHEDULE

<u>DATE</u>	<u>PLACE</u>	<u>CO-ORDINATOR</u>
June 22	Frog Mountain	Bob Dean
June 28-July 1	Steeple & Dibble Glacier	Gerry Brown
July 5-6	Pau-Pau Creek--Blue Grace Basin	Jack Steed
July 12-13	Mount Carlyle (Good Fishing For Non Climbers)	Olwyn Ringheim
July 20	Copper Mountain & Dominion Mountain Traverse (One Party From Barret Creek and One From 49 Mile Creek, Exchange Car Keys Midway and Rendezvous in Nelson)	Rick Askew
July 26-27	Mount Airy - (Car Camp Overnight)	Howie Ridge
Aug. 2-10	Summer Camp - Mulvey Basin	
Aug. 15-17	Healey Creek (Lardo Country)	Gerry Brown
Aug. 18-24	National Park Week	Bob Dean
Aug. 30-Sept. 1	Lake of the Hanging Glaciers	Iain Martin
Sept. 6-7	Clear Out Woodbury Creek Trail	John Carter
Sept. 20-21	Slocan Chief Work Party	

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Guide Service for any Trip of your  
Choice by our Staff of European  
Trained Mountain Guides.



