



# The Kootenay Mountaineer

*The newsletter for people with year-round pursuits.*

April 30th, 2013

## Message from the President

It was a sad day when we lost Kim Kratky. He was a long time friend and contributor to the KMC and was passionate about keeping the wilderness “wild” and he devoted his considerable expertise to the Jumbo Wild coalition. The KMC offers his family our deepest sympathies.

The winter schedule was very capably put together by our new winter trip director Chris Cowan and his group of volunteers. 40 trips were planned and 33 trips went ahead; another 7 short notice trips took place. A total of 256 members and 25 guests participated. Three evening trips (two Full moon and one Valentine’s trip) were well attended. Thank you to all trip coordinators for making this past winter a success!

The KMC is celebrating its 50th anniversary in 2014! (The KMC started as a section of the Alpine Club of Canada in 1964.) I would like to start a committee to brainstorm a few ideas of how we want to mark this milestone and am looking for a few volunteers. There are tremendous opportunities to get our name out there and have some fun doing it! I would like to come up with a list of ideas and a budget for approval at this year’s AGM.

The Chic Scott event was very well attended; lineups outside the door and the Castlegar theatre filled to capacity with 240 people. In a brilliant move, P’nina handed out KMC promotional rack cards to all non-members. Our membership increased by 15 members right after the event. Thank you to P’nina and Norm Yanke with the organising, and Renate Belczyk for hosting the presenter.

## An Important Request From the Trails and Trail Access Committee (*That the Editor is Happy to Fulfill...*)

*I was just wondering, if at all possible, that the article titled "Will You Be Leading A Hike This Year?" could be on the front page or close to it since the information we are requesting is so important to the new partnership we have aligned with the Ministry of Forests. I know that I enjoy reading the whole newsletter, however, I am hoping to catch the eye of those who might just skim it (hard to believe that anyone would just skim it, but just in case).*

- Terri Richardson

So, the editor says: “Read that first!”, bossy old grump that he is! Get the business out of the way before embracing the good and the sad news that happened this past while.

## Contents

Message from the President .....	1
An Important Request .....	1
Will You Be Leading A Hike? .....	2
Road and Trail Access .....	2
Trip Reports .....	3
Brilliant Overlook .....	3
Simply Decadent #4 .....	3
Mel Deanna .....	4
Grizzly Cabin .....	4
Red Dog Cabin .....	4
Introduction to Backcountry Skiing .....	5
O.K. Mountain .....	5
St. Paddy's Day Tour .....	5
Old Glory .....	6
Sunningdale .....	7
Lion's Head Circuit .....	7
Skatebo Reach .....	7
The Gimp .....	7
Full Monty Bike Trip .....	8
Mt. Lepsoe to North Plewman Basin .....	8
Logan Bread and Fruitcake! .....	8
The Kootenay Karabiner .....	10
Message from the Editor .....	11
Remembrances	
Lou Chioccarello .....	12
Christopher Penn .....	13
Kim Kratky .....	15
Art	
Andrea Gardner .....	17
Jenny Baillie .....	18

## **Will You Be Leading A Hike This Year?**

After you read the “**Kootenay Lake District Road and Trail Maintenance**” article in this newsletter, it will be helpful for you in regards to the following request.

With the new partnership, the Ministry of Forests, Lands and Natural Resources has provided us with a link to check their last report regarding road conditions. You can check this link out prior to your excursion.

<http://www.for.gov.bc.ca/ftp/DKL/external!/publish/RoadInfo/>

(You may need to download the document to open it. It is a read only document.)

Here are some helpful things you can do to ensure that road and trail conditions get reported back to the MOF so that issues can be addressed and responded to, when possible.

1. Until a link to our website is set up, where you can report directly, you can report remarkable concerns to the following:

[Justin.Dexter@gov.bc.ca](mailto:Justin.Dexter@gov.bc.ca)

[Travis.mitchell1@gov.bc.ca](mailto:Travis.mitchell1@gov.bc.ca)

[dualsport@shaw.ca](mailto:dualsport@shaw.ca) (Norm Yanke, Director of Trails, Trail Access)

2. If you don't have a GPS to report the co-ordinates, then report details of the area:

- name of road or trail
- how far up the road or trail; e.g.. 20 km.
- what the obstacle is; e.g.. Road washed out; bridge damaged

By working with the Ministry of Forests it is hoped that we can prevent more deterioration on our local roads and trails so that we can provide hikers with continued access to our fantastic mountains. Thank you for taking the initiative to lead hikes and assist with our maintenance plans. Also, if you know of hikers who do not belong to KMC their input regarding conditions are also welcomed.

## **Kootenay Lake Forest District Road and Trail Maintenance**

*Prepared by: KMC Trail and Trail Access Committee*

The KMC Trail and Trail Access Committee met with the Kootenay Lake District Ministry of Forests, Lands and Natural Resources to formalize a partnership, whereby, information of local roads and trail repair/maintenance concerns were shared.

It was a very informative meeting as we learned how they maintain sites and trails. There is a prioritization based on “high value” use; i.e. Tourism draw; public demand and local knowledge. “Published sites” have priority as they are typically two wheel accessed. This Committee shared a list of trails that we view as needing to be identified as priority maintenance and Kootenay Lake District shared their list; not surprisingly, there were a large number of the same trails on both lists (see link below).

As we worked through the process of sharing information and developing a progressive plan for managers and hikers, we mapped out the following plan:

- KMC set up a site on our web page where hike leaders can enter road and trail conditions after their hike (hopefully all leaders will see this as a very important task).
- Ministry of Forests will have access to this site so that are continually informed of the condition of roads/trails and can address them when possible.
- KMC members will enter GPS readings of trail or road obstacles on our Facebook page that will greatly help MOF go into the field to address them.
- MOF has purchased some trail maintenance equipment for KMC use and it is hoped that organized hike participants will take these items out with them to do clipping and small tree removal while on their hike. A storage place is being set up and the information will be sent out once finalized.
- A partnership agreement will be established with MOF and KMC. Through this partnership we are looking at liability and safety guidelines for members.
- MOF will provide a letter of support to KMC for grant applications.

- KMC will attempt to meet with our local MLA to encourage consideration be given to MOF for increased funding for recreation trails.
- MOF has provided us with a link to their website which provides us with up-to-date reports on road conditions. The website can be accessed at <http://www.for.gov.bc.ca/ftp/DKL/external!/publish/RoadInfo/>

*(Editor's note: The document is a read-only Excel spreadsheet. If you are without Excel (as he is), OpenOffice, LibreOffice and Numbers will open it. I could provide a PDF copy if you asked.)*

We realize that we may be adding some additional work to hike leaders, especially, when you just want to be out for the day to enjoy a hike. However, if everyone does a little bit along the way, it won't fall to the few volunteers who do give up weekends to do it.

This Committee sees this new partnership with the Ministry of Forests as a very positive move in addressing the concerns that have been continually expressed regarding the deterioration of local roads and trails. We also hope to liaise with the Ministry of Parks in the near future to learn about the management of the parks in this area and share our valuable input with them.

Also, if you know of hikers who do not belong to KMC, their input regarding conditions are also welcomed.

## Trip Reports

### Brilliant Overlook (Mount Elsdon)

*Jan 12, 915 m, approximately 6.5 km return.*

The clear blue skies made for a warm day of snowshoeing to the Brilliant Overlook on Mt Elsdon. Yes, to our recent surprise, Mt Elsdon is the actual name of the mountain with the cellular tower on it. Fifteen eager snowshoers met at the parking area south of the Brilliant Bridge in Castlegar and then carpooled the short distance to the McPhee Creek FSR east of the Castlegar golf course. Though not the official trailhead, this unplowed FSR provides easy snowshoeing access to the east ridge of Brilliant Overlook. The normal Skattebo Reach/Brilliant Overlook trail around the west face of the mountain is not a good idea for travel at this time of year because the snow falls dangerously onto the trail below the cliff face. The group handily made it to the Overlook for lunch and views in the cold wind.



We were Leon Arishenkoff, John Belland, Hazel & Ed Beynon, Nadine Ebner, Sandra England, Mark Hatlen, Vicki Hart, Megan Lazaruk, Joan Posivy, P'nina Shames, Diane White, Norm Yanke and Coordinators Eliane & Steven Miros

### Simply Decadent Series Part 4

*Post Valentine's Day Evening Ski at Champion Lakes Friday February 15th.*

*Dan Derby*

Six lucky club members (*Peter Oostlander, Ingrid Enns, Elena Cigala, Doug and Linda Clark and I*) enjoyed a night ski and snow shoe into the main cabin at the Beaver Valley Ski Club (Champion Lakes). Peter and Ingrid went in early to light the fire and set the table for a formal Simply Decadent Desert Experience (see attached). The snow was good and a three quarter moon poked out from behind the clouds on the ski back out to the parking lot.

As this was the last of the simply decadent series for 2012-13 season we enjoyed chocolate covered strawberries, magic bars, chocolate chip cookies, cream puffs and chocolates. For the six of us that came out we had a great evening with enough treats for 16. Not sure our 5.2 km ski from the parking lot to the cabin and back to the car was long enough to burn a fraction of the calories consumed.



All enjoyed the evening and look forward to next year's Simply Decadent Series - Season 3!

## **Mel Deanna Trail – Snowshoe (A1)**

**Saturday, February 16, 2013**

We had a pleasant walk on a well beaten trail, taking about 3 hours to loop around Champion Ponds. A surprise was the discovery of a hot/warm spring on one of the outlet creeks, with the strong smell of sulphur and some mild yellowing of the creek bed.

*Participants were Gerda Lang, Vicki Hart, Andrea Gardner, Norm Yanke, Helen Foulger, Gayle Buchner, Renate Belczyk, and coordinator Ross Bates.*

## **Grizzly Cabin – February 17**

*submitted by Chris Cowan*



On this sunny Sunday fourteen skiers met at Nancy Greene Lake parking lot, carpooled west for a ten minute drive to the Mitchener Creek Parking lot. We skied up the logging road, through the swamp, over the beaver dam and into the trees to Grizzly Cabin. We lit a fire in preparation for a later lunch stop, proceeded up “The Flying Mile” until hunger urged us to turn for a run back down to the cabin.



Three who were more adventurous, Joan Harvey, Ross Bates, and Chris Cowan took a side trip up through the

trees to the west and climbed high for a glorious view of Gladstone Mountain and Old Glory before finding the icy downhill a challenge (that made them a bit late for lunch). We were all back to our cars by 3:00 pm.



*Enjoying the good weather, fine snow, sunshine and camaraderie were also Cam Carter, Mike Brewster, Andrea Gardner, Sheila Sinke, Ian Smith, Andre Piver, Gill Hurn, Norm Yanke and Suzanne Blewett with leaders Muriel & John Walton.*

## **Red Dog Cabin**

Delightful weather, sublime snow and garrulous company makes for a fun-filled snowshoe trip to Red Dog cabin!



*From Left to Right: P'nina Shames; Valerie Evans; Linda Clark; Norm Yanke; Andrea Gardner; Dan Derby; Glenn Keto (Organizer)*

*Photo taken by Nadine Ebne*

## KMC Introduction to Backcountry Skiing

March 3, 2013



*approaching the summit of Mt Crowe*



*Participants: Brian Webster; Chris Cowan; Christina Riechers; Loren Bale; Nadine Ebner; Ross Bates; Netta Zebroff; Megan Lazaruk and trio Elena Cigala-Fulgozi; Bill McNally and Peter Oostlander as organizers*

### O.K. Mountain Ski Tour

The trip on March 10 was listed as “Record Ridge and OK Mountain via Record Creek” in the Rossland Range . Although this was Plan A it became obvious as we ascended the old road up the east side of Record Creek from the Cascade Highway that this might have to be modified due to the challenging, variable snow conditions.

We started on a hard crusty surface on the old road, then breakable crust and then some powder in the trees and on the inviting open slope on the SW side of the summit. It was just over 2 hours to the summit.

As we sat on the summit (5,951 feet) having lunch, various alternative plans were discussed as we enjoyed the views over Rossland and surrounding peaks. Record Ridge was abandoned. The thoughts of skiing down the crusty road were not inviting. Plan B was to ski down to

the creek and continue up to the ridge of Mt Roberts and down via groomed runs on Granite Mountain. A sat phone call to Rita confirmed that she was available to collect us at the ski hill if we chose that option. We waved our appreciation as the summit of OK Mountain is in clear view from my house in Rossland.

The decision was deferred till we had descended from the summit to the point where we had left the creek. The skiing turned out to be better than expected, with really nice powder on the open south west slope from the summit and not bad skiing in the trees. Adam (aged 14) actually said that he enjoyed the crust on the last open slope before we arrived at the creek. This was evident from seeing where his tracks disappeared in places where he had been airborne!

We decided to just ski out down our uphill route and the old road back to the Cascade highway. Although somewhat challenging in places we made it in one piece back to the car. All things considered we rated the trip to OK Mountain as definitely OK, and a good day out.

*We were Ross Bates, Ken Holmes and grandson Adam Derosa.*

### St. Paddy's Traverse

#### *KMC Scheduled Trip - March 16, 2013*

“St. Paddy’s Traverse” was so named due to the proximity of the date to Ireland’s patron saint’s feast day. Small in number, but big in heart, the trio of participants set off from Nancy Greene Summit at about 9:15 AM, Saturday, March 16th. The objective was to summit 3 peaks, and possibly a fourth depending upon conditions and time. A shuttle vehicle had been dropped at the trip’s end where Mackie FSR joins Highway 3.

The first summit was Mt. Crowe, a climb of just under 600 m. The snow was firm and following an existing up track, the summit was achieved in good time. However, the downhill ski to the saddle between Crowe and Neptune was arduous due to crusted snow which made carving difficult (especially for the heavy-set trip coordinator on the skinny skis). As well, the Red Cat access road switch backs and intersects the slope several times breaking up what used to be a nice descent. The climb up Neptune was possible on the icy and steep cat track only with good skins. Otherwise, an up track in the adjacent, untracked snow had to be made. Neptune was summited around Noon, a climb of about 200 m from the saddle with Crowe.

The ski down the east side of Neptune again crossed the cat track several times. Although, the snow was again crusty, it had started snowing and the thin layer of new snow was helping a bit. The third summit was what we dubbed ‘Neptune’s Knob’, as it has no name on the map. It was another 200 m climb from the ridge. The elevations of the three summits are in the 2,100-2,200 m (asl) range.

The ski from Neptune’s Knob down the east facing slope to the valley below the west side of Mt. Mackie was had a gentle grade dropping about 450 m over 2 km. The snow was much better on this slope, although the occasional face plant still happened. We angled in a NE direction so as to be on the north side of the divide, however, we still had too much ‘east’ in our NE line and ended up on the south side of the ridge. Fortunately, the creek bottom is wide open and a flat gradient in the upper reach allowed for an easy climb to the ridge line. At this point, the decision had to be made whether or not to summit Mt. Mackie. It would involve about 500 m of climbing and, based on the test trip done a month prior, ascending and descending Mackie would add 2 hours to the 1.5 hours needed to arrive at the Mackie FSR/Highway 3 shuttle vehicle. As the snow on the east facing slopes had made for poor skiing, it was felt that Mackie’s west facing slope would present even worse conditions. The group decided that while the traverse was overall a good route, the summit of Mackie should be done when conditions were better.

The ski out was a fun, uneventful 3 km paralleling Mackie Creek on a gently sloped, deleted road grade before joining the final 2.5 km on the heavily snowmobiled Mackie FSR.

*Arriving in good spirits at 4PM at the shuttle vehicle, and shouting a hearty “pog ma thoin! (pronounced: pogue mahone)” were Elena Cigala-Fulgosi, Keith Houghton and Doug Clark, Trip Coordinator. Total trip vertical was just over 1,000 m with 16 km horizontal.*

## **Old Glory Ski Tour April 7th.**

Well...that was plan A anyway.

*“The trip is rated as D3 strenuous and ATES challenging. The elevation gain is about 3500 feet starting from the viewpoint beyond Hanna Creek on highway 3B at 8 am. The route basically follows an old road through an old clear-cut and then meets the summer trail route up to Plewman Basin and (Un)necessary Ridge. From the ridge there is a short*

*downhill run into the basin and then a climb to the summit.*

*The route to the summit ridge depends on the cornices and avalanche conditions on the face which may require skiing further down the basin thus adding to the vertical to be climbed. Total distance travelled is about 10 km.*

*The trip is only suitable for strong alpine ski tourers or expert tele-markers who can handle all the variable conditions that can be expected on this route in spring-time including breakable crust, icy and rocky summit slopes, steep trees, icy trails and if we are lucky some nice spring snow or powder. At this time of year you never know what to expect, except to be prepared for anything. Ski crampons can be useful.”*

With the wording in the trip announcement, I didn’t expect many takers and was surprised when I had ten people enlisted within about six hours of sending out the e-mail.

And so, 8 brave souls assembled on a cloudy, rainy, snowy morning at the viewpoint on Highway 3B for the start into Plewman Basin with Old Glory as the trip objective. We discussed plans B and C since the weather conditions were not encouraging that plan A could be achieved.

All the valley rain had changed to snow just above Rossland, we set out making fresh tracks up into Plewman Basin and on to Unnecessary Ridge. The new snow covered all the dirty spring snow and conditions for skiing looked great.

Since Old Glory was covered in cloud we decided on Plan B and had an excellent run down from Unnecessary Ridge into Plewman basin with the intent of skiing all the way back to the cars. However, since we enjoyed the skiing so much, we put skins on again and climbed up to point 2136m.on the East Ridge of Mt Plewman.

From there we enjoyed a good fall-line run in great powder snow, not feeling the crust beneath until we hit the up-trail.

Despite the poor weather conditions, it turned out to be a surprisingly enjoyable day.

We were: Elena Cigala-Fugolsi, Bob McQueen, Roland Perrin, Peter Jordan, Delia Roberts, Bert Port, Llewellyn Mathews and trip coordinator Ken Holmes.

## Flag pole above Sunningdale

April 10, 2013

We met at 09:30 at the gyro park parking area and walked along the river through upper Sunningdale and up the water tower hill to start of the trail just below the hair pin.

The weather started out okay and deteriorated into very cold rain and wind by the time we reached the flag pole and we had to seek shelter back down along the ridge under some pine trees.

We encountered lots of fallen trees and debris on the trails, which were hard to find at times as the flagging fell with the trees.

We ended up bushwhacking a bit on the way down until we intersected the main trails on the way down the hospital/school intersection. Trip time about 3 1/2 - 3 3/4hrs. The total loop was 11.5 kms.

*Don Paul, Leon Arishenkoff, Connie Parisotto, Rod Wilson and Eric Ackerman trip coordinator*

## Lion's Head Circuit

April 17, 2013

Sixteen KMC members met at the Lion's Head Pub in Robson. From there we drove to the defunct BC Hydro tennis court. We followed old trails, game trails and a bicycle trail, plus did a little bushwacking to get to the top of the Lion's Head for lunch at 12 noon. The weather was perfect for hiking-cool and sunny.



*We were: Eric Ackerman, Leon Arishenkoff, Jenny Baillie, Don Harasym, Robin Lidstone, Kathleen Nichol, Peter Oostlander, Connie Parisotto, Carol Potasnyk, Al Sheppard, John and Muriel Walton, Jill Watson, Miriam Williams, and coordinators Hazel and Ed Beynon.*

## Skatebo Reach Trip Report

April 21, 2013

It was an overcast, breezy morning when 19 hikers met to hike the Skatebo Reach Trail. But the skies soon brightened into a sunny day. The wind blowing up the Kootenay River kept us cool.

Five shuttle cars left the Glade Service Station at 9:40 am. They got to the Glade ferry and boarded together. A pair of ospreys were spotted building a nest on a raised platform near the river.

There is a new bridge over the Glade Creek so we were able to drive to 1 km north of the trailhead. We started our hike at 10:00 am. The trail undulates along the river. We stopped for lunch at the mouth of Big McPhee Creek. The group made two short side trips to view waterfalls on Big and Little McPhee Creeks. Just north of the Brilliant Dam several patches of avalanche lilies, spring beauty, bluebells and trilliums were spotted along the trail. Some hikers stopped at the restored Doukhobor Brilliant Bridge. At 3:00 pm everyone was back on the road home.

A special thanks to all who shuttled hikers.

*Participants were Leon Arishenkoff, Sheila Moro, Pat Bruce, Jim and Cindy Campbell, Renata Belczyk, Chris and Helen Hatch, Elaine Martin, Catherine Leighland, Justin Fortier, Marilyn Miller, Eric Marks, Betty Brousse, Ken Kirkland, Alex Nichol, Caroline Shimek, Coordinators Alan and Pat Sheppard.*

## Snowshoeing up the Gimp

After a few weeks of snowshoeing on the Granite Pointe Golf Course and covering all 18 holes, we became curious about a trail leading from the top of the course, up Morning Mt. This was the Gimp, a black mountain bike run, leading to Giveout Creek Road. This is a 1 1/2 kilometre trail, elevation gain about 512 metres or 1,680 feet. It was steep and finding the trail took some time, but we reached just above 6 kilometres on Giveout creek road, descending at kilometre 5 onto a snowmobiling road and onto Silver King Rd. This will be a spring hike.

*The team: Janis Gilbert, Bob Dean, Carole Page.*

## **Full Monty Bike Trip**

The Full Monty Clan gathered at the yellow gate, and after fixing our first flat, off we went a merry pack! Sunday was cool and dry, perfect for riding the Columbia River Trail from Ootischenia to Sunningdale. A bit cool to swim, we focused on our 15km one way and then 15 km back single track. Runners and several packs of mountain bikers were met on our journey, as well as 4 dirt bikers who we chastised for using the trail. Thanks to all who rode for a great day!



We were: Vicki Hart, Joanne Segur, Doug Clark, Keith Houghton, Dave Mitchell and Curt Nixon, Coordinator (missing in the photo is Doug, who did the whole trip but had to get home sooner than the rest of us

## **Mt. Lepso to North Plewman Basin**

*April 14*

Eight of us met at the Nancy Greene Summit in what should have been Spring skiing conditions. You know, sunshine, corn snow, above freezing temperatures. Instead it was full on Winter with deep powder, below freezing, and no sun. We were lucky that most of the snow had fallen two days earlier, so there turned out to be a beautiful track right to the top of Mt. Lepso. Normally it takes 2.5 to 3 hours to get to the summit, but that day we did it in only two hours, with a not fast, but steady pace.

We skied west off Lepso (although I tried to lead the group in a circle and head back to the cars); Dave W. stepped forward and corrected our route. Thanks Dave. After a lovely ski part way down to "Jim's Camp" and a lunch, we had to set a track up through the deep snow to the Seven Summit Trail. On top of the next hump (the ridge north of Mt. Plewman) is a notch we call "Windy Notch".

We were shown how to ski that slope by Ken Holmes' grandson, Adam, who made it look so smooth. Ken had taught him how to ski powder: "First, of coarse!". This ski down was one of the best runs of the year. Lovely snow. We cut left through the forest, and eventually ended up at the highway where we had dropped two vehicles.

*Our group was: Thom Volpatti, Ken Holmes, Adam Derosa, Bill McNally, Roy Hopland, Jill and Dave Watson, and coordinating from the back, Bob McQueen.*

## **Logan Bread and Fruitcake!**

Peter Oostlander found a great article about the use of fruitcake (which is a great favourite of the editor) as a backcountry high energy food source. He emailed the author Cinda Chavich to find out if we could reprint it in the newsletter. Her reply and the Logan Bread recipe she included in her reply appears just below.

*Hi Peter,*

*Thanks for your note and kind words. You may publish my story in your newsletter, and maybe you'd like this recipe for Logan Bread, too. It's published in one of my first cookbooks (*High Plains: The Joy of Alberta Cuisine*) and is much like the recipe in Suat's book, *The Little Cookbook for the Great Outdoors*. The original Logan Bread was very basic, but I always liked to add fruit.....and we often ski with my Mom's fruitcake (perhaps it's the booze that insures it never freezes!)*

*Best,*

*Cinda*

*The editor would suggest looking for the cookbook she mentions below...*

### **LOGAN BREAD**

This is a classic and substantial snack cake to take on mountain hikes and backpacking trips. If you want it to last even longer, slice it and dry in a low oven for an hour and enjoy the crunchy sweet like biscotti or mandelbrot. From *High Plains: The Joy of Alberta Cuisine* by Cinda Chavich.

1 cup rolled oats 250 ml

1 cup all-purpose flour 250 ml

1 cup whole wheat flour 250 ml

1/3 cup brown sugar 75 ml  
1/2 teaspoon salt 2 ml  
2 teaspoons baking powder 10 ml  
3/4 cup chopped nuts 175 ml  
1 cup chopped dried fruit (apricots, raisins, dried cranberries, etc.) 250 ml  
1/2 cup milk 125 ml  
1/4 cup oil 50 ml  
1/2 cup corn syrup 125 ml  
2 tablespoons molasses 25 ml

1. Combine oats, flours, brown sugar, salt, baking powder, nuts and dried fruit.
2. Whisk together milk, oil, corn syrup and molasses. Stir wet ingredients into dry until just mixed.
3. Spread batter evenly in a greased 9-inch baking pan and bake at 325 F for an hour or until a tester inserted in the middle of the cake comes out clean. Cut into squares and wrap in plastic wrap for packing. Or cut into fingers and dry in a 250 F oven for 2 hours if desired.

The link to her article below is:

<http://www2.macleans.ca/2013/03/11/powerd-by-fruitcake/>

### **Fruitcake: The breakfast (lunch ... snack) of champions**

*Dense, indestructible treat powers triathletes, hikers and skiers.*

by Cinda Chavich on Monday, March 11, 2013

The Canadian triathlete Gillian Clayton is an ambassador for B.C.'s Powered by Chocolate Milk campaign, but she may soon be packing something else on her winter workouts: fruitcake. Clayton, winner of the 2012 Ironman Canada pro women's title, says the best winter-training regimen for the gruelling 225-km running, biking and swimming event is cross-country skiing. And "cross-country skiing is about as hunger-inducing/calorie-burning as any sport can get," writes Clayton in her blog. "It flattens you, in a good way." The power bars that many skiers and winter hikers take along in warmer weather freeze solid. Hearty fruitcake, though, is the perfect antidote, and she's not the first to discover it.

Fruitcake is routinely maligned for its heavy character and mythical shelf life, but that's what makes it the

perfect food to stuff into your pack on a long expedition. It may be rooted in the British and German heritage of our early climbers, but hauling along heavy cakes and breads studded with dried fruits and nuts is a backcountry tradition. Long before Clif bars and Larabars, it was old-fashioned fruitcake—or a dense derivative known as Logan or expedition bread—that routinely went to Canada's highest peaks.

B.C. mountain climber and filmmaker Pat Morrow, the first person to summit the highest peaks on the world's seven continents, calls it "the worthy predecessor of power bars" and says he ate it on all three of his expeditions to Mount Logan in Yukon. Mountain guide Sue Gould recalls the 40-day trek with Morrow and 11 others to Logan's summit in 1992, to officially measure the height of Canada's highest mountain. "We took 221 portions of fruitcake, or 22,100 grams," she says. The bread they packed came from Suat Tuzlak's Alpine Bakery in Whitehorse. It's legendary stuff, once named one of the best fruitcakes in North America in a Wall Street Journal taste-off, and still carried into the wilderness by weekend hikers and epic adventurers alike.

That's because Tuzlak's loaves are loaded with healthy ingredients, from organic raisins and figs to homemade quince marmalade, nary an artificially dyed cherry in sight. The Turkish-born engineer traces his expedition-ready baking to his years in the Foothills Nordic Ski Club in Calgary, where members gathered to bake communally for their adventures. When he moved to Whitehorse and opened the bakery, fruitcake became his specialty. "I've always been passionate about cooking and baking for friends," he says, baking his light and dark fruitcakes on a typical -28° C morning.

People have been baking heavy, nourishing bread for hundreds of years, says Banff historian Chic Scott, but it was the famed mountaineer Hans Gmoser who coined the name Logan bread for the dense trail bread. Gmoser's friend, Laura Gardner, baked the bread for many of his climbs, says Scott, who collected her recipe: a simple mix of wholewheat flour, honey, molasses, vegetable oil and powdered milk. Gardner's son Don, now a ski-trail designer and boat builder in Canmore, Alta., also relied on his mother's bread on treks, including an epic five-week expedition "hauling sledges across Ellesmere Island." "Mom baked 90 lb. of this stuff," he says.

Even today, climbers, hikers and skiers favour these heavy, homemade fruit breads and cakes. "Dried fruit is a nutritional powerhouse. The sugars in it are easier for the body to use, and there are vitamins, minerals and fibre in these cakes," says Sue Gould. Banff businessman Peter Poole likes to take along wild-seed and protein bars from the Wild Flour Bakery in Banff. But it's fruitcake he often still pulls from his pack on the trail. "It fits into a backpack so easily," Poole says. "Unlike energy bars that freeze so hard they'll break your teeth, fruitcake just melts in your mouth."

Clayton agrees that frozen power bars just don't cut it on her long ski training runs on Mount Washington. And while she's partial to homemade fruitcake, the big nutty wholewheat fruitcakes from Vancouver's Uprising Breads are "very good," too. Like skiing, she says, it's something that just makes sense to embrace in the middle of a harsh Canadian winter.

## The Kootenay Karabiner

I never thought that I would become such a history buff. Having grown up on the east side of the Rockies, I didn't know anything about the Purcells, the Selkirks, the Valhallas, Kokanee Glacier....

I don't remember how I found out about the existence of the Kootenay Karabiner after joining the club. My memory being what it is now, I don't even remember what exactly prompted me to inquire about the condition of them, and how easy it was to find copies to be able to read them. Doug Clark probably remembers better about how I ended up carrying home from the AGM last fall a plastic grocery bag full of collection number two (of the two collections the library has).

In the process of scanning every page of all 41 issues that were published between 1964 and 2000, I have read every page and learned a huge amount about what the club was up to in those days. It is a history that was worth preserving in a method that everyone/anyone can read, and at the same time keep the actual printed pages in a more enduring and secure fashion.

The KMC Library, currently stored at Doug Clark's home, now has that collection of the Karabiner with the pages all separated and sleeved in acid free plastic, mounted in binders with reprints of the cover pictures on front and binding edges labelled with volume number and year. Some volumes required two binders. As of this writing, I will receive the first set of the

Library's Karabiner last Friday. I will insert those pages into acid free sleeves, and the executive has smartly decided to house that set in the climate controlled environment of the Touchstones Museum in Nelson, where it will also be useful for their historic research.

The museum archivist Laura Fortier was very helpful in giving me advice. Following her suggestion, I have burned five complete archival copies on special DVDs which are advertised to last for 1,000 years!

But, for **everyone and anyone**, the club now has PDF versions of every issue. I can create DVDs with large versions of the PDFs totalling 4.3 gigabytes, medium size versions at just over 2 gigabytes, and small size versions at just under 1 gigabyte for all 41 issues. The difference in size is image resolution. Make your choice depending on disk space you have. I loaded all the small size PDFs onto my iPad and they were very readable.

Currently, we don't have enough disk space on the website to provide download access. The club is charging members \$5.00 to cover disk, label, envelope and mailing cost. Meet me at Oso Negro for a coffee, and we can negotiate. Otherwise, my address is 324 Observatory St., Nelson, V1L 4Y5 to mail me your cheque and mailing address.

**As an added bonus**, if you request the medium sized PDFs, I can include the PDFs of all Newsletters from 2002, including this one, and text files of the content of every article in every issue of the Karabiner, with lists of executive members and tables of contents included.

If you are a recent member to the club, they are all great reading. If you are a long time member, it will be a way to recollect old issues that were left behind in a basement or lost or given away over the years.

There will be DVDs available at the May 3rd event at Robson. People attending can save the club the mailing cost.

**Extra Special Bonus:** If I can search the text of the Karabiners and find your name, the DVD disk is yours, reduced in price for each decade we go back in history. If your name comes up 1990 to 2000 it will be \$4.00, 1980 to 1989, \$3.00. 1970 - 1979, \$2.00. I've already given one away free DVD to someone who's name appears before the 1970 issue. Consider it my gift to the wonderful reading and history you've given me.

## **Message from the Editor**

This issue is an extremely varied mixture.

I'd like to thank all who submitted articles. Please keep up the good work. And don't skimp on the pictures.

There is actually one of the trip report pages without any pictures! Invite someone on your trip who has a camera if you have to ;-)

I have even had to hold off for the next issue one very interesting article about travel beyond the bounds to the Kootenay. I won't say that finally Peter used up a bit of space with a "Message from the President".

We've had a committee report at the beginning of the issue. A great set of trip reports followed, then wonderful recipes of some useful and enjoyable stuff to eat, and information about access to the Club's wonderful stories and history.

Now we have a sad bit.

I'm calling the sad bits "Remembrances" rather than obituaries, since they too are part of the Club's history.

I decided to close this issue with some beautiful artwork inspired by the mountains. My apologies to those who receive the printed version via Canada Post. The artwork does not transfer very well to greyscale printing.

*Tim Clinton*

### **Article submission guidelines:**

Plain text is great. No need for PDF or Microsoft Word files. Simply cut and paste your text into an email to

[newsletter@kootenaymountaineering.bc.ca](mailto:newsletter@kootenaymountaineering.bc.ca).

Attach your full resolution photos to the email. Lots of photos, please.

Submission deadline for the next issue is approximately June 16, 2013

### **Richard Guy tower climb results**

Calgary Section and ACC Honorary Member Richard Guy climbed the Calgary Tower last Saturday in support of the Alberta Wilderness Association. Richard, who is 96 years old, climbed the 802 steps of the tower twice this year, and was just a few dollars short of winning the award for most funds raised. To find out more about this inspirational man and his unforgettable wife Louise, pick up a copy of Chic Scott's book, *Young at Heart; the Inspirational Lives of Richard and Louise Guy* from the [ACC's online store](#). Congratulations, Richard!

*From the ACC Newsnet*

## Remembrances

### Lou Chioccarello – (1962 – 2013).

On January 20, 2013, Lou Chioccarello passed away after a long battle with brain cancer.

Lou joined the KMC in 2003, with his first trip being to Drinon Peak. In 2004 and 2005, he did scrambles to Mts. Mephistopheles , Black Prince, Loki, and most of the peaks in Kokanee Glacier park. As he got to know members of the club better, he started climbing with some of the club's climbing fraternity, summiting Mt. Assiniboine, Mt. Robson, Mts. Wagner, Prudence, Justice, Asgard, and Gladsheim, as well as numerous other local peaks.

Lou was in his element in the mountains. He enjoyed mountaineering and climbing with small groups of like minded people, but if others were not available, he loved to solo climb and scramble throughout the Kootenay. His quiet strength and good companionship were admired by those of us who had the opportunity to spend time with him.

Lou was a member of the Kootenay Mountaineering club from 2003-2011, when he withdrew from the club to battle brain cancer.

Our sympathies go out to his wife Angela. A memorial service was held January 29th and 30th in Burnaby, where he had moved to receive treatment.



## **Chris Penn**

Dear friends and family,

We hope this finds you well. we would like to share with you an update of life with the Penn's. We realize that many of you haven't heard from us in a while since Chris hasn't been able to publish his annual "Sporgrotstop."

On the 14th of February Chris happily celebrated his 86th birthday, albeit greatly modified to accommodate him. Chris was diagnosed with a rare form of dementia (Lewy-Body Dementia) and thus had a decreased capacity to understand what was going on around him.

Sadly a few days later he was admitted to Squamish General Hospital after he was found sitting on the living room floor and unable to get up. Though initial results showed no trauma, he rapidly declined over the next month and passed away peacefully on March 20th, surrounded by us.

For those of you who didn't know already, the early signs of his dementia started to be recognized a few years ago after Claudine passed away. In recent months Chris was confined to the upper floor of his house and no longer had the ability to care for himself. He had 24 hour a day supervision and care for the past year and from November 2012 we hired a full-time, live in nurse. His ability to recognize familiar faces had diminished significantly, however he remained very content and still enjoyed a good cup of tea.

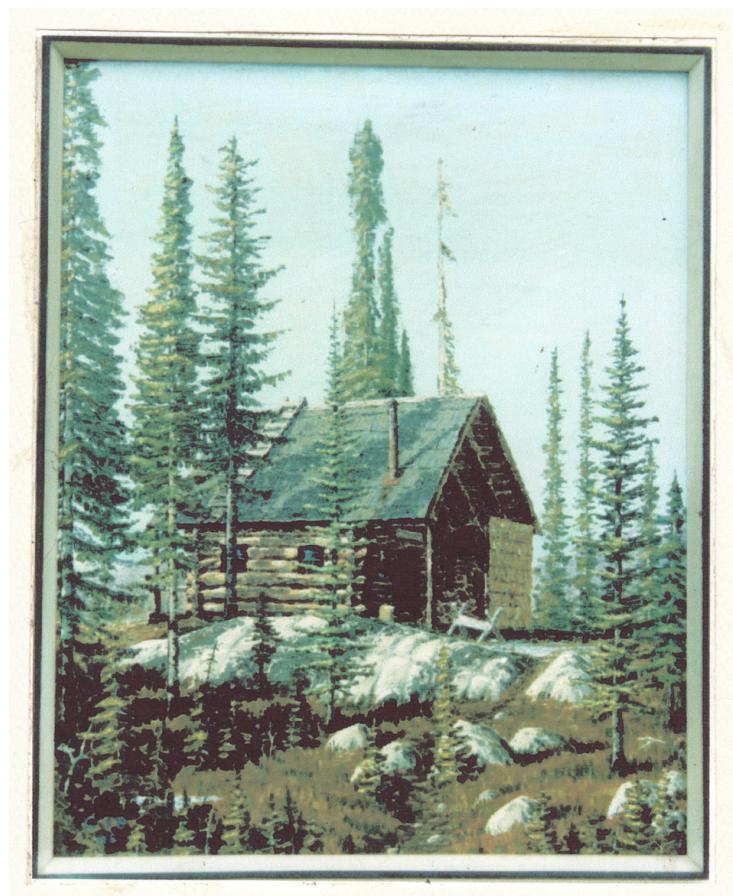
Despite all of his confusion and how small his world had become, he still remembered and concerned himself about keeping contact with old friends. Unfortunately he no longer had the ability to print his own name or dictate coherently. Most of his memory existed from his time in the Kootenay's in the 1960's and further back. He clearly remembered places, people and stories from the Kootenay Mountaineering Club and the Slocan Chief Cabin. Chris had fond memories of mountaineering and skiing at that time and of the times before Castlegar, BC.

Chris maintained his dry sense of humour and we enjoyed family days together. By coincidence, the family photo included with his letter was taken the day before he was admitted to hospital.

Please forward this letter or content to anyone you feel would like to know, as we do not have a complete and current mailing list. As you know Chris has friends and relatives all over the world.

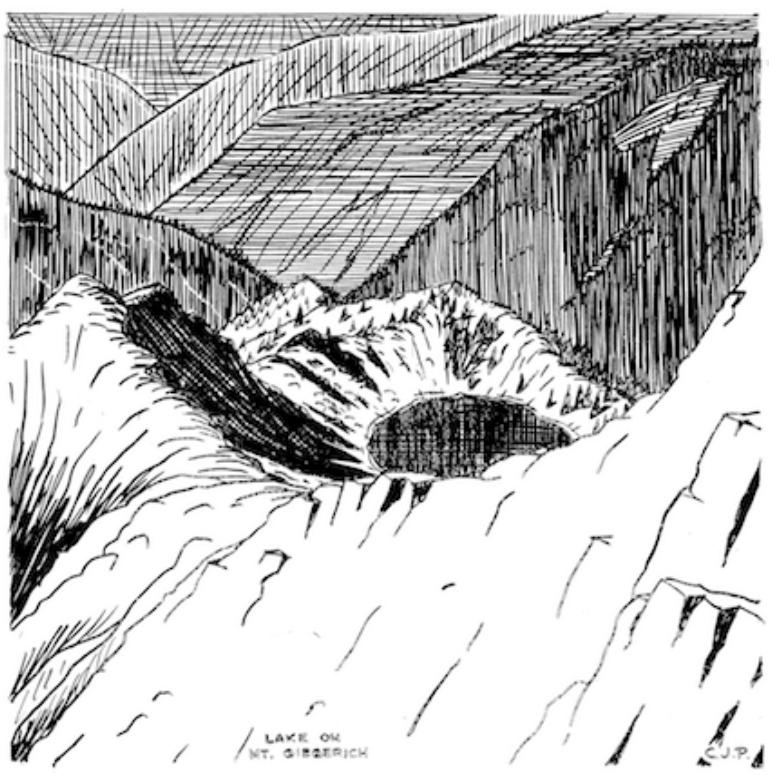
Warm regards,

Christine, Marcel and Roger



*The print of a painting done of the Slocan Chief by Chris was sent on a card of greetings to Bob Dean.*

*Editor's note: The pen drawings by Chris in the early editions of the Karabiner, for which he was one of the editors and of which those on the next page are a few examples, are wonderful.*



### Climbing Trips in South America with Kim

The first climbing trip we did together in South America was in 1996 when I worked in Peru. Kim came down with Fred Thiessen and Larry Smith for a visit, and we went off to climb in the Cordillera Blanca.

In Huaraz, we sent Kim to find transportation to a village in the mountains where we planned to hire an “arriero” or donkey driver and his donkeys to carry our gear up to a base camp.

He returned with a “collectivo” or mini-bus. Kim had persuaded the driver to pull his bus off his regular route and drive us into the mountains instead.

With the help of a young “arriero” and his donkeys we set up a base-camp and climbed mountains like Ishinca 5531 m (18,144ft) and Urus 5420 m (17,780 feet), not technically difficult, but very enjoyable, especially so when

donkeys did all the hard work of carrying all our stuff into base camp.

Our next trip was to climb a mountain called Pisco 5753 m (18,872 feet). We were told there would be lots of guys with donkeys at the trail-head looking for work. As it happened, there were none, so we had to give most of our heavy, fresh food to our bus driver in order to get our packs down to a manageable weight.



Having to carry heavy loads at high altitudes made us empathise with the donkeys. Nevertheless we managed to carry enough to establish a base camp and had a very enjoyable ascent of Pisco, which was the highest peak we did in the Cordillera Blanca.

After returning to Lima for a rest, Kim, Fred and Larry then went down to Southern Peru to Arequipa for a change of scenery to climb a big volcano called El Misti. This is one of the highest volcanos in Peru at 5800 m (19,024 feet). Inca mummies had been found at its summit. After hearing their account of climbing a huge mountain of volcanic rubble, I was quite glad I had gone back to work. However, it sounded like they had another great adventure, if somewhat gruelling.

A couple of years later, we went to climb in Bolivia. We were Kim, Fred Thiessen, Larry Smith, Bert Port and I. Our first mountain for acclimatization was to

be Condoriri 5648 m (18530 feet), which the guidebooks described as a beautiful snow and ice peak and an excellent training climb. We were shocked to find that it had been transformed by climate change to a dangerous heap of black rubble. Fortunately there were other mountains in the area that were still climbable as training climbs.

Our biggest summit in Bolivia was Huayna Potosi, a 6088 metre (19,968 feet) peak in the Cordillera Real. We spent the first night in the house of the keeper of a power station at the end of the road.

The next day he and his daughter helped us to carry our gear up to a high camp. That night one of our tents was collapsed by high winds during the night.

However, the next morning was fine and so we all set off for the summit. At that time Kim was one of the ‘young bucks’, relatively speaking, together with Larry and Fred, so we climbed as two ropes. Pretty soon Bert and I were more than an hour behind them. We put it down to Kim and Larry’s long legs and longer stride and Fred’s “Energizer bunny” constitution.

However, as we got higher, they slowed down and allowed us to overtake them. This was the highest most of us had ever climbed. It was a lesson for all of us on the effects of altitude. Something to think about, since our next objective was Illimani which is higher than Huayna Potosi and the highest peak in Bolivia’s Cordillera Real at over 6,438 metres (21122 feet).

After a rest break back in La Paz, we then set off for Illimani. We camped near a village at the trailhead and arranged for some of the locals to act as porters to help carry our gear up to base camp.

This turned out to be a mix of men and women who turned up in their everyday clothes, with the women in traditional skirts.

Although this made for a colourful group, it wasn’t very practical when the weather turned bad and it started snowing. Since most of the porters were wearing only sandals, things got a bit “hairy” when the route went up some snow covered rock steps. We decided that retreating was the right thing to do in the circumstances, so we never got to climb Illimani.

Since we couldn’t climb because of the weather, we did a trek down the Takesi trail which is an Inca road dropping from a 4650 m (15,252 foot) high mountain pass to about 5000 feet in the semi-tropical Yungas valley.

On our first night we were camped a kilometre or so below the pass and were about to go to bed when we spotted dozens of lights moving down the trail from the pass. This led to all kinds of speculation as to what it might be. Was it a military exercise? Was it drug

smugglers? It turned out to be about 40 young teenage school kids from a poor part of La Paz on a school trip. We helped them set up camp alongside ours and it was quite an experience. There we were in our down jackets in below freezing temperatures, with down sleeping bags, and good tents and these kids had virtually nothing, but were having the time of their lives. It was quite humbling. Kim loaned his down jacket to one of the girls and was rewarded the next morning by a candy as they were leaving. This doesn’t sound like much, but it really was a big gift since all these kids were having for breakfast was a few candies.

After another rest stop in La Paz, Kim, Larry and Fred went off to climb Chacaltaya 5421 m (17,785 feet) which boasted the highest ski area in the world on a glacier. Once again they found that climate change had taken its toll and there was virtually no glacier left.

I think seeing this and the effects of climate change on Condoriri only added to Kim’s commitment as an environmental activist.

Kim really enjoyed all aspects of South America not just the beautiful high mountains to climb but the people and the culture, such as meeting the school kids on the trek, or staying in a dam-keepers house. Even hair-raising rides on a crowded mini-bus were just part of the overall adventure that provided the opportunity to meet people and use his language skills to talk to them.

Kim was fluent in Spanish and enjoyed practicing his skills talking to locals. He enjoyed reading Spanish literature and this was sometimes reflected in the way he used the language.

For example, I remember him saying in Spanish, to a waiter in a bar, “Will you please do me the favour of bringing me another beer”. Most people would have said “otra cerveza”. I think the waiter was fascinated and impressed by the “old-world” politeness and thought Kim a real gentleman ... which of course, to those who knew him .... he was.

*Ken Holmes*

*Editor’s note: Please visit the web page with the complete text of the ceremony held for Kim at...*

[http://thompsonfs.ca/obituaries.cfm?  
profileID=8788&name=Robert%20Kim%20Kratky](http://thompsonfs.ca/obituaries.cfm?profileID=8788&name=Robert%20Kim%20Kratky)

# Andrea Gardner

This painting was inspired by a hike up into the far end of Glory Basin in Kokanee Glacier Park late last summer. Rocks bigger than Volkswagens, the only green would be bits of lichen hanging on, and there is no longer a sense of horizontal. I hope I captured that experience in my painting.

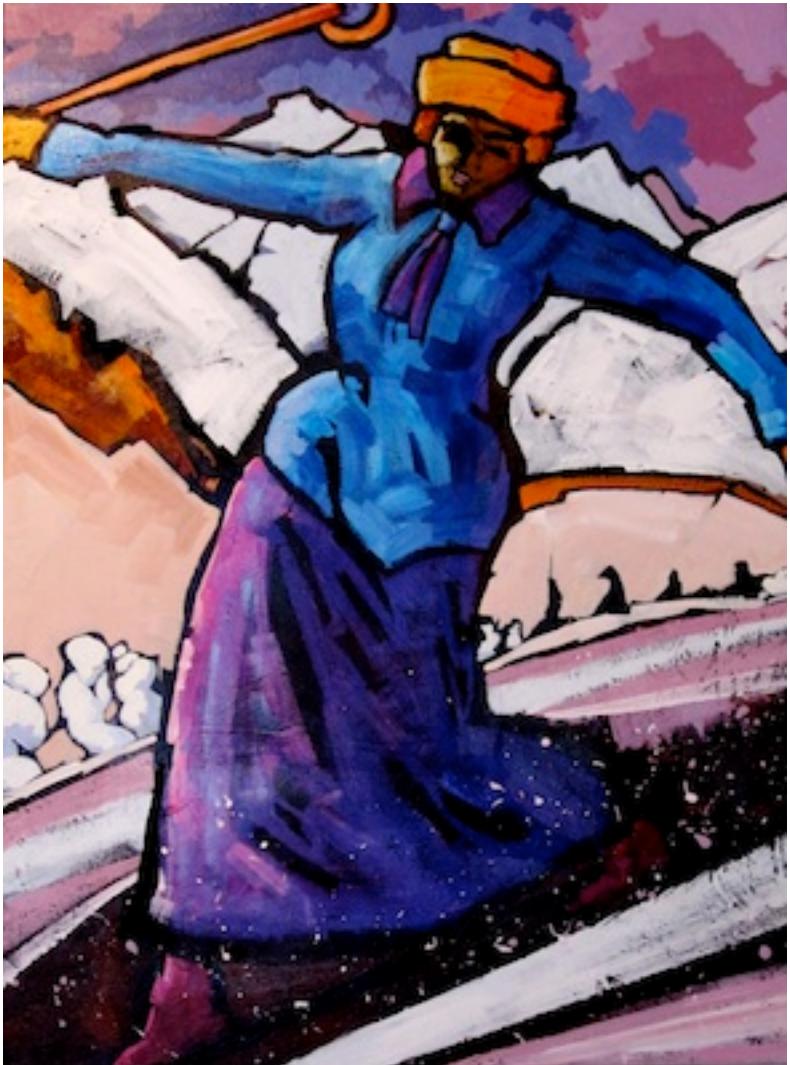
*Andrea Gardner*



Andrea's website is <http://www.atelieroslia.com>

## Jenny Baillie

These images are part of an ongoing series titled "Pioneer Mountain Women" where skirts and official guides were a given..... late 1800's.



*Jenny's website is  
[jennybaillieartworks.com](http://jennybaillieartworks.com)*