



ISLAND BUSHWHACKER

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Rick Hudson resting after a hard day's skiing on the Pebble Glacier.

Photo: Phee Hudson

VI Section Messages

Lyme Disease

Barb Baker

A recent lecture on laboratory testing in the treatment of Lyme Disease focused on difficulties in achieving accurate results and was designed for the medical professional.

Worth noting by the outdoor enthusiast : Dr. Morshed , for one, found disease carrying Ixodes ticks all over SW B.C., particularly Gulf Islands, Victoria & Shawnigan areas. The ticks multiply rapidly (10000 eggs per female) and our ecosystems foster their spread in a mouse, tick, deer host cycle. Some estimate 30-50% of this tick population may be infected with Lyme Disease and other coinfections like Babesiosis and Bartonellosis.

Lyme Disease is quite difficult to diagnose: the antibody/antigen fluctuations give false negative results in the blood analysis currently in use. Of the approximately 200 LD patients on VI, 95% had negative results on blood testing(anecdotal). EM

(characteristic Bull's Eye) rash is not seen in all victims. Symptoms may develop almost immediately or be missed or misdiagnosed leading to chronic disease often presenting in complex combinations of auto immune symptoms similar to MS, arthritis, Chronic Fatigue syndromes and/or psychological disorders. Dr. Murakami from the Fraser Valley who is treating many chronic patients here on the Island, recommends prophylactic antibiotics be given without hesitation when the tick bite has occurred in areas of endemic infestation. (At least one of these antibiotics, incidentally, has a number of unpleasant side effects)

For those of us who spend time out in the bush, knowledge of the possibility of acquiring this disease via tick bite can only encourage vigilance in avoiding the critters from the beginning. All know the precautions: wear light coloured clothing, snug at



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the wrist, neck & ankles. Examine yourself and companions (a little group grooming). Remove ticks immediately with a sustained pull from close to the skin attachment. (The theory that the tick must be imbedded for 24 hours before it will produce disease is apparently erroneous). Saving the live tick for examination by the Provincial Lab I have found to be futile. Be informed. Pat Cooley of Lyme Awareness & Support, Vancouver Island @ 250 743-2468 is willing to discuss all aspects of the disease

Learning the Ropes

Peter Rothermel

In addition to the usual instructional courses offered in the past, by our club, such as Ice Axe Workshop, Crevasse Rescue, Wilderness Navigation, Introduction To Ski Touring, Telemark Technique and Ice Climbing Introduction, there will be a few new additions in the future.

Most notably is Don Cameron's General Mountaineering series. It is geared towards those new to mountaineering and looking for skills as well towards old hands wanting to refresh or catch up on the latest technique.

"The Intro to General Mountaineering will take the fit backpacker into the first stage of mountaineering in a safe manner. This will include: glacier travel, walking with crampons, ice axe work shop and crevasse rescue." These trips will be held on July 17th-18th and July 23rd-26th. That's six days of instruction and training, that will likely be held on Big Interior Mountain in Strathcona Park. As well, Don is offering a two day "Intro to Rock Climbing" trip to Crest Crags to climb on rock and learn the ropes on June 12th and 13th.

Another evolving program is a youth outdoor program under the leadership of John Young. John is a high school teacher in Nanaimo. The program began last year with day hikes and a backpacking trip to Cape Scott. This year it also included snowshoeing and winter camping (snow cave construction), canoeing and indoor & outdoor sport climbing.

This is a bit of a pilot project. For the time being, the youth group is just from John's school and is presently offered in grade 9 only. Next year is the last year for grade 9, and then it will be offered in grade 10. Depending on youth, as well as adult participation, it may become a larger program involving grades 11 & 12 and maybe youth from all over the district. The Heathens Mountaineering Club of Campbell River is giving John consultation, as they have a very successful youth program.

We had four of John's students up the Un-Judges Route on May 16th and taught them about handling an ice axe. If these four keeners are indicative of the appeal our youth have in getting out and up, then I can see where there will be a huge interest. They thought the trip was "Sweet!"

Lastly, to fill a need, I am working, with the help of Tak Ogasawara and Don Cameron, on a one or two day course, for next year, Advanced Snow Travel... Learning The Ropes, and we recently spent a day working out the bugs. The gist of this workshop will be rope work on steep snow, involving moving on a running belay, placing protection, building anchors, lead climbing, double rope technique and rappelling, leaving no trace. Other offerings in the works for next winter may be three separate day trips:

Avalanche Awareness... recognizing and avoiding danger, without beacons, with only brains. Avalanche Awareness... now you're in trouble. Beacon use, multiple buries, probes, digging out your partner... and then? Avalanche Awareness... snow structure... bring magnifying glass and a warm jacket.

Note, these are practices and not a replacement for CAA instruction, but a precursor or supplement to proper instruction. By offering instructional workshops on mountaineering skills, I think we will have the best chance of attracting new and solid membership, that in turn will keep our club as a dynamic entity. In

Membership Fee Increase

FMCBC Report

Sasha Kubicek

I attended the FMCBC Island Delegates Spring 04 Meeting. It was held in Nanaimo and many Island issues were discussed. As many of you may know by now, the FMCBC has a new Executive Director. Evan Loveless comes to the FMCBC with a background in Ecotourism. His position is 24 hours a week and the FMCBC's goal is for Evan to allocate his time to provincial wide issues giving him a Provincial focus.

Clubs attending gave their reports. Some highlights were the Rambler's having their summer/fall trip schedule in the form of a brochure. They have distributed them to local area outdoor stores in hopes of attracting members. Alberni Outdoors Club has been busy all winter working on trails. Their efforts have been aided with their new brush cutter. Susan from Hiking Trails informed us that the book Hiking Trails 1 is being updated. The new version will have a CD Rom to accompany the book. The CD will have much more additional info than the book like maps, gps points, detailed directions, etc. Future volumes will also be going the CD route.

Many current issues were discussed. One of the highlights was that the Strathcona Master Plan 2001 amendment has been finally signed. A change to the parks boundary may occur near Mt. Flannigan. Forbidden Plateau Ski Area has plans for clean up efforts to commence depending on funding. A similar scenario is at the Mt. Arrowsmith Ski area. Rumors of clean up efforts are in the air but all again hinging on funding.

Some island access issues were also discussed. Active logging near the Comox Glacier Trail head will put a new bridge over Datsio Creek. A new Heli Logging area will provide good vehicle parking and closer access to the trail. However because of the logging activity, access is restricted only to weekends and weekday evenings.

Access to Strathcona Park and Paradise Meadows is scheduled to be altered. Mt. Washington is planning to pave the road to the Raven Lodge. When the road gets paved, ditches on either side of the road will have to be put in place. When this occurs the original paradise meadows parking lot will no longer exist. People wanting to use the park will have to park at the Raven Lodge parking area and walk back to the trail head. A proposed trail from Raven Lodge to the existing trail head is planned but funding of \$200,000 is stalling its progress. The Hawks parking lot will not be available this year for use due to the Outback's construction. Next year, the Hawk's parking lot will be available for park users offering better access to the trail than the Raven Lodge

At its recent meeting May 15-16, the ACC's national Board of Directors reluctantly increased the Club's membership fees by \$6 per year, effective July 1/04. This decision was a direct result of the financial impacts of the unexpected doubling in our liability insurance premium for 2004. This insurance is needed to protect the Club as well as its leaders/volunteers and its members involved in official Club section and national trips, camps and activities. While ACC national's budgeted expenses for this year have been cut back to deal with the situation, that alone will not be sufficient to deal with the increase and the Board was left with little other choice but to approve the hike in membership fees. Starting in July, all new and renewed memberships will have the increase included in the fee. In addition, significant ACC National efforts continue to find alternate liability insurance coverage.

Annual Report 2003

In order to communicate the Club's accomplishments during the past year, to report on its financial condition, and to properly acknowledge the many donations that were received, the ACC's Executive Committee made the decision to compile an Annual Report for the fiscal year 2003.

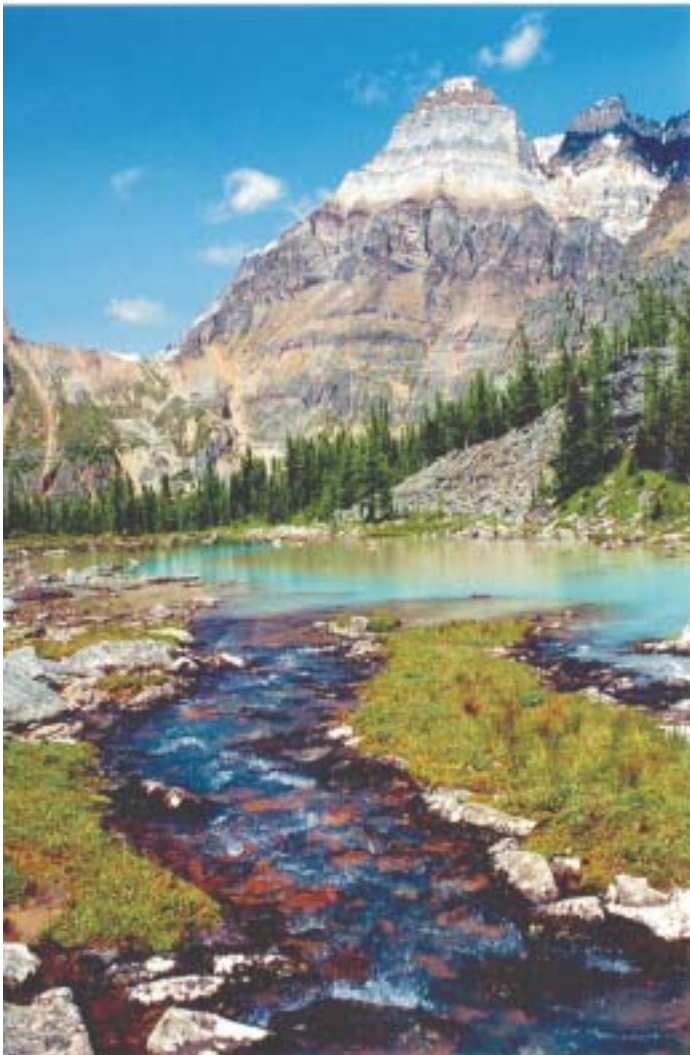
Gord Currie, ACC Treasurer, undertook the task of compiling the Annual Report which includes a message from the President, summaries by each Vice President of the year's activities within their portfolios, financial statements, an overview of the National Office's role, a list of the awards presented and the names of donors who have generously contributed to the Alpine Club of Canada.

ACC's Annual Report 2003 is now available on on-line at <http://www.AlpineClubofCanada.ca/board>





**Lesia Kuzyk cycling in the
Olympic Mtn's.
Photo: Chris Shepard**



**Mt Huber, Lake O'Hara
Photo: Doug Hurrell**

**Whatever you do,
We wish all
ACC-VI'ers an
excellent summer.**