

A scenic photograph of a mountain range with snow patches and a calm lake reflecting the peaks. The mountains are rugged and rocky, with patches of snow and ice. The lake is still, creating a clear reflection of the mountains and the sky. The overall scene is peaceful and majestic.

Island Bushwhacker

Volume 45 | Issue 8 | Oct, 2017

*Mt. Assiniboine reflection
Photo by Mary Sanseverino*

ACC VANCOUVER ISLAND SECTION

Social Events

The club has a monthly slide-show presentation at the Swan Lake Nature House, 3873 Swan Lake Road, Victoria, BC on the second Thursday of each month, except in July and August. The doors open at 7:00pm, and the show starts at 7:30pm.

Web Information

Web site: accvi.ca

Webmaster: webmaster@accvi.ca

Executive Meeting Minutes

Available on our meeting archives.

National ACC Office

For new memberships and renewals, changes of address or other details, and booking huts, contact the ACC National office directly.

www.alpineclubofcanada.ca

info@alpineclubofcanada.ca

403 678 3200, or P.O. Box 8040

Canmore, AB, T1W 2T8

Annual Membership Dues

Single \$53 Family \$75

Youth (19 and under) \$38

The Island Bushwhacker Newsletter

A monthly (except July and August) publication of the Vancouver Island Section.

Newsletter Editor: Mary Sanseverino, 250 592 4677,

newsletter@accvi.ca

We encourage submissions of items of interest to our membership, including news items, announcements, and short articles, along with photos. Email your submission by the 25th day of the previous month.

Advertising shall be accepted at the discretion of the editor. All advertising shall be for products or services of direct interest to our membership.

Our Motto

1. **COME BACK ALIVE**
2. **COME BACK FRIENDS**
3. **RESPECT THE LAND**
4. **HAVE FUN**
5. **GET TO THE TOP**
(IN THAT ORDER!)

UPCOMING EVENTS

Slideshow on Thur, Oct 12. Graham Maddocks presents *Ciudad Perdida – the lost city of the Sierra Nevada de Santa Marta, Columbia.*

Graham will take us to the lost city of the 11th century Tayrona civilization, hidden in the highest coastal mountain range in the world, the Sierra Nevada de Santa Marta, Columbia, (5775 meters).

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Reminder to Members:

Keep your [membership](#) up-to-date, so to as to be covered by the ACC's liability insurance. Keep your [contact information](#) current on ACC National's site, as it's from this master list that we download our email addresses for mailouts.

Join the ACC-VI's [Facebook group](#).

You don't have to be a Facebook member to see this page.



Upcoming Slideshows, Presentation, Meeting and Get-togethers

Slideshow. Thur, Oct 12. Graham Maddocks presents Ciudad Perdida - the lost city of the Sierra Nevada de Santa Marta, Columbia.

Graham will take us to the lost city of the 11th century Tayrona civilization, hidden in the highest coastal mountain range in the world, the Sierra Nevada de Santa Marta, Columbia, (5775 meters). This remote mountain range is famous for coca production and the presentation will include a visit to the production facility of a jungle lab manufacturing "Columbia's most famous export". Plus, the river boats of the Amazon, which will take us across the Amazon basin in a hammock from Porto Velho on the Rio Madeira to Belem at the mouth of the Amazon. There will also be a shocking revelation of botany and all botanists are urged to attend to be amazed.

Victoria Slideshows are at Swan Lake Nature House. Doors open at 7:00 pm, the show starts at 7:30 pm. Tea and goodies by donation. Everyone is welcome!

There are still two ACC-VI clear black nalgene water bottles with the ACC-VI logo for sale for \$12.00. If you'd like to snap one of these up please bring cash (exact amount).

Mark your calendars - it's the ACC-VI Photo Competition, Thursday, Oct 26, at Victoria's Swan Lake Nature House from 7:30 to 9:30 PM. (Doors open at 7 PM).

More info on page 15 in this Newsletter and on the [ACC-VI website](#).

Haunted Hiking - it's the 2nd Annual ACC-VI Halloween Hike on Mount Tzouhalem - Oct 29th from 9:00am to 4:00pm. Come dressed up in your best Halloween costumes and hike with us up and over Mount Tzouhalem. Halloween candy prizes for best costumes!

More info online at the [ACC-VI Trip Schedule](#) or contact Natasha Salway (natasha.accvi.trips@gmail.com) for more info.

Upcoming Trips

Sept 01 - Oct 24: 5040 Hut Building

This summer we are constructing the exterior of our new alpine hut at 5040 Peak. Volunteer shifts are available throughout the construction for as short or as long as you can make it work.

**If you are interested in volunteering contact the volunteer coordinator:
Nadja Steiner at huts@accvi.ca.**



*Full information for all trips is located online at [ACC-VI Trip Schedule](#). Each trip listed here links to the [Trip Schedule](#). Click individual trip links for full info.
Check the [Trip Schedule](#) often for new offerings!*

Date	Trip
Oct 07, 2017	<p>Click for full info: *Waitlist* Wild Women: Sugarloaf Hike (A1) A fun, social hike for self-identified women. New and prospective Alpine Club members are welcome. Hike in the Sooke Hills, just past Langford. Co-leaders: Jes Scott & Pamela Brown. Email jessica.scott@gmail.com</p>
Oct 14, 2017	<p>Click for full info: Mt. Prevost Social Hike (A1) An easy day hike up Mount Prevost in Duncan BC. If the weather is poor on Saturday (Oct 14), we will hike on Sunday (Oct 15). Co-leaders: Natasha Salway (Trip Leader) Colin Mann (Co-Leader) Email natasha.accvi.trips@gmail.com</p>
Oct 20 - 21, 2017	<p>Click for full info: *FULL, WAIT LISTED* Pogo Peak (C3) With the trip full, please contact the trip leader, Knut von Salzen for more info on this scramble up Mt. Pogo. Leader: Knut von Salzen, kvonsalz@uvic.ca</p>
Oct 21, 2017	<p>Click for full info: Mt. Benson Social Hike (A1) An easy day hike up Mount Benson in Nanaimo BC. If the weather is poor on Saturday (Oct 21), we will do the hike on Sunday (Oct 22). Co-leaders: Natasha Salway (Trip Leader) Colin Mann (Co-Leader) Email natasha.accvi.trips@gmail.com</p>
Oct 29, 2017	<p>Click for full info: Mt. Tzouhalem Halloween Hike (A1) Come out and join our 2nd annual Halloween Hike! Come dressed up in your best Halloween costumes and hike with us up and over Mount Tzouhalem near Duncan. Halloween candy prizes for best costumes! Leader: Natasha Salway - please let me know if you would like to join so I have an idea of numbers: natasha.accvi.trips@gmail.com</p>
Nov 4, 2017	<p>Click for full info: Climb Night at the Romper Room, Nanaimo BC. Come out and enjoy a fun night of climbing at the Romper Room. Free entry for Alpine Club members with an active membership number. Must contact event organizer to get your name on the list for entry. Event organizer: Natasha Salway - please contact to get on the entry list: natasha.accvi.trips@gmail.com</p>
Feb 25 - Mar 03, 2018	<p>Click for full info: Skiing the Bow Hut to Balfour Hut Ski touring to and around the Bow and Balfour Huts. Spend four nights at the wonderful Bow and Balfour Huts on the Wapta Icefields. Nov 1st, 2017 deadline to get on the trip. Leader: Colin Mann, colin.mann.accvi.trips@gmail.com</p>

Mountain Education

ACC-VI offers a wide variety of courses aimed at giving our members the technical and safety skills to get out there in the mountains. These courses are [subsidized by the club](#) and involve either ACC volunteer leaders or professional instructors. Please note that our courses are open to ACC members in good standing only. You are welcome to join the section if you would like to enroll in one or more of these courses.

*Full information for all courses is located online at [ACC-VI Trip Schedule](#). Each course listed here links to the [Schedule](#). Click individual course links for full info.
Check the [Schedule](#) often for new educational offerings!*

<i>Date</i>	<i>Course</i>
Dec 16 - 17, 2017	Click for full info: AST Level 1 Mt Cain The Avalanche Skills Training One is an introductory avalanche course designed for individuals with little-to-no avalanche related experience. Students will learn to recognize avalanche terrain, gain the skills to initiate and manage a self rescue, have a basic understanding of how weather contributes to avalanche hazard, be able to understand and interpret avalanche bulletins and the hazard scale, be able to interpret and utilize the Avaluator card, and learn basic analysis of layers in the snowpack.
Jan 13 - 14, 2017	Click for full info: Intro to Winter Camping C3 This is a Introduction in to winter camping. This workshop will teach the skills you will need to spend a night in the back-country during the winter. This workshop is welcome to all forms of transportation, from AT skiers, to splitboarders, and snow shoeing. Contact: Colin Mann (Trip Leader) Natasha Salway (Co-Leader) Email: colin.mann.accvi.trips@gmail.com
Dec 16 - 17, 2017	Click for full info: AST Level 1 during the AGM at Mt. Washington The Avalanche Skills Training One is an introductory avalanche course designed for individuals with little-to-no avalanche related experience. Students will learn to recognize avalanche terrain, gain the skills to initiate and manage a self rescue, have a basic understanding of how weather contributes to avalanche hazard, be able to understand and interpret avalanche bulletins and the hazard scale, be able to interpret and utilize the Avaluator card, and learn basic analysis of layers in the snowpack.



Keith Battersby, Martin Hofmann, Paul Beland, Josh Slakoff, Christine Fordham, Tak Ogasawara after a day of crag climbing on Quadra Island. Photo by Christine Fordham.

Kids and Youth Program

The ACCVI Kids and Youth Program was founded by Harry and Nadja Steiner in 2008 as a way to introduce the mountains to their kids. Trips included many gummy bear breaks and friends. Over the years the original cohort matured into youth leaders that led the younger kids and adults alike.

Over these nine years 56 trips/events were offered of which 21 were mountaineering trips, 11 climbing, 11 skiing, and 9 hiking. Members of the group summited Mount Albert Edward three times, Jutland twice, Kings Peak twice, and Cokely, Becher, Tom Taylor, and Sutton Peak once.

The tradition continues, and recently we've been building quinzhees, climbing, and skiing. During these trips we teach the kids about safety, trip planning, route finding, and mountaineering. To find out what the group is up to, please check the [trip schedule](#). The Kids and Youth Program uses the Band app: <http://band.us/#!/band/63347796>.

Please contact kidsandyouth@accvi.ca to request an invite to Band or ask any questions. The current Program Coordinator is Derek Sou.



*From the Vancouver Island
150 - The 186th summit
recorded: Barb Baker, Ul-
rike Schmidt, Ron Lepine,
Harry Schwartz, Karen
George, Pat Brown, Gillian
Kamma, Lorraine Jeffries,
Steve Lessard, Mie Boyko
went up a very cold and
wet Mt. McQuillan - Oct 1,
2017.*

Photo credit: Barb Baker

Vancouver Island 150

A 2017 ACC-VI Project

In celebration of Canada's 150th birthday can we collectively climb 150 Vancouver Island peaks and hills during this year, and record our summits online? The answer is a resounding YES WE CAN and WE DID! Now let's keep going!!

The definition of a summit seems to be endlessly contestable, so let's try to avoid controversy and follow these guidelines. A recorded peak can be any Vancouver Island or Gulf Islands peak that is:

- listed in: "A Guide to Climbing and Hiking in Southwest BC" Bruce Fairley
- listed in: "Island Alpine" or "Island Alpine Select" Philip Stone
- listed in Lindsay Elms' island peaks data base, which can be accessed from: <http://islandmountainramblers.com/resources/vancouver-island-peaks/>
- listed in www.summitpost.org
- a named wilderness summit on a topo map (i.e. excluding those that are developed)

So this what you do:

1. Choose a peak to climb that has not yet been recorded in the project
(Check out the [Vancouver Island 150 Google Map](#) to see what's been recorded so far)
2. Go out and climb it..... and have a happy time
3. Take a summit photo of the summiteers
4. Record the date, name and lat/long coordinates of the summit, names of the summiteers, a few notes about your trip (say a max of 250 characters for the notes).
5. Follow the upload instructions at [Vancouver Island 150](#) and you are away to the races.
6. Repeat steps 1 – 5.

Simple and fun - keep an eye on the evolving interactive [Vancouver Island 150 Map](#).

Stats as of Oct 1, 2017

Summits in January: 2

Summits in February: 12

Summits in March: 11

Summits in April: 23

Summits in May: 27

Summits in June: 35

Summits in July: 32

Summits in August: 33

Summits in Sept: 10

Summits in Oct: 2

Total as of Oct 1: 187 Summits

Thus far the [Van Isle 150 map](#) has been viewed 5410 times!

As of Oct 1 there are 254 photos in the [ACC-VI Van Isle 150 album!](#)

(Technical note: don't forget to refresh your browser to see the latest map - not sure how to do it - check out "[how to force refresh your browser](#)".)

The Ten Essentials

The first in a series by Walter Moar

The Ten Essentials

- 1. Hydration**
- 2. Nutrition**
- 3. Insulation**
- 4. Sun Protection**
- 5. Illumination**
- 6. Navigation**
- 7. Shelter**
- 8. Fire**
- 9. First Aid Kit**
- 10. Repair Kit**

The *Ten Essentials* should be carried on all hikes, even if you're heading out for a day hike. You never know when you – or someone else – will end up in a situation where these items suddenly become very important. A twisted knee or some bad navigation can quickly turn an easy hike into a challenge.

1. Hydration is important for peak performance, as dehydration negatively affects both the body and the mind.

On a short hike it's easy and often preferable to carry enough tap water for the day. When overnight trips, strenuous day hikes, or hot weather are involved, it may not be preferable to carry all the water needed. Some routes will have a scarcity of water, while others have an abundance – you need to be familiar with the route to know for sure. Also remember that availability changes with the seasons.



Water that is gathered should be treated to remove harmful microorganisms like giardia (beaver fever). Treatment options include boiling, chlorine tablets or solutions, filters, or ultraviolet light systems. Each system has its pros and cons, but most require that the water be clear (not cloudy) for the treatment to work effectively. Remember that treating water for microorganisms does not eliminate human-introduced pollutants like sunscreen or DEET – choose your water source wisely.

While it is important to not find yourself short of water, it's also important to remember that each litre of water weighs one kilogram (2.2 pounds). Carrying too much water makes for harder hiking, and it is particularly unnecessary when water is available en route. There's no point in spending extra money on ultralight gear when you're carrying unnecessary water weight.

Finally, in addition to water itself the body needs electrolytes. During long periods of hot weather the body rapidly loses electrolytes due to sweating, which causes muscle cramps and worse. Most hiking foods are high in sodium and other electrolytes, but you can also buy tablet and powder supplements. Always ensure that water purification is complete before adding electrolytes, especially when using chlorine.

2. Nutrition is by far the best of the Ten Essentials – food!

Your body needs energy to move, and most people have huge reserves of energy stored. These are known as fat. While it's possible to hike solely on what your body has stored, it's certainly preferable to eat along the way. Keep in mind that carrying excess food is as bad as carrying excess water. While some people insist on carrying an extra day's food “just in case”, it's rarely needed and much more common that food is carried for the duration of the trip and never eaten. Choose wisely.

It's a good idea to carry the day's snacks in a crumb-proof bag, such as a small stuff sack. Kept in the top com-

partment of a backpack, it is easily accessible when hiking. This means that when a quick snack break happens, you aren't unpacking while everyone else is eating, and then repacking when everyone else is ready to go. The bag also prevents crumbs and leaky packaging (such as melted chocolate) from contaminating backpacks. This is important wherever there are curious and hungry critters.

Another important factor with food is preventing animals from getting into it at night. Day three of a week-long hike is a bad time to have all your food eaten by a nocturnal visitor. Bags of food should be hung four meters high and two meters out from the trunk of a tree, which is difficult in many locations. A high line between two trees is a good system to use. Alternatives such as bear-proof bags or canisters are good for alpine environments.

What goes in must eventually come out, and it's important to be prepared. The common "shit kit" includes a trowel (or ice axe) for digging a 15cm hole, toilet paper, hand sanitizer, and a lighter for burning toilet paper.



*Looking back in the afternoon light to the Victoria Peak summit block.
Party: Chris Burns, Chris Sommer, Peggy Taylor, and Tim Turay - Sept, 2017.
Photo by Peggy Taylor*

Trailrider Program

ACC-VI Trailrider Program Volunteers Needed!



*The Vancouver Island Section's
Trailrider Program assists people with
disabilities to enjoy the outdoors.*

To volunteer please contact
Caroline Tansley, Coordinator.
Tel. 250-886-8038.

Email: trailrider@accvi.ca

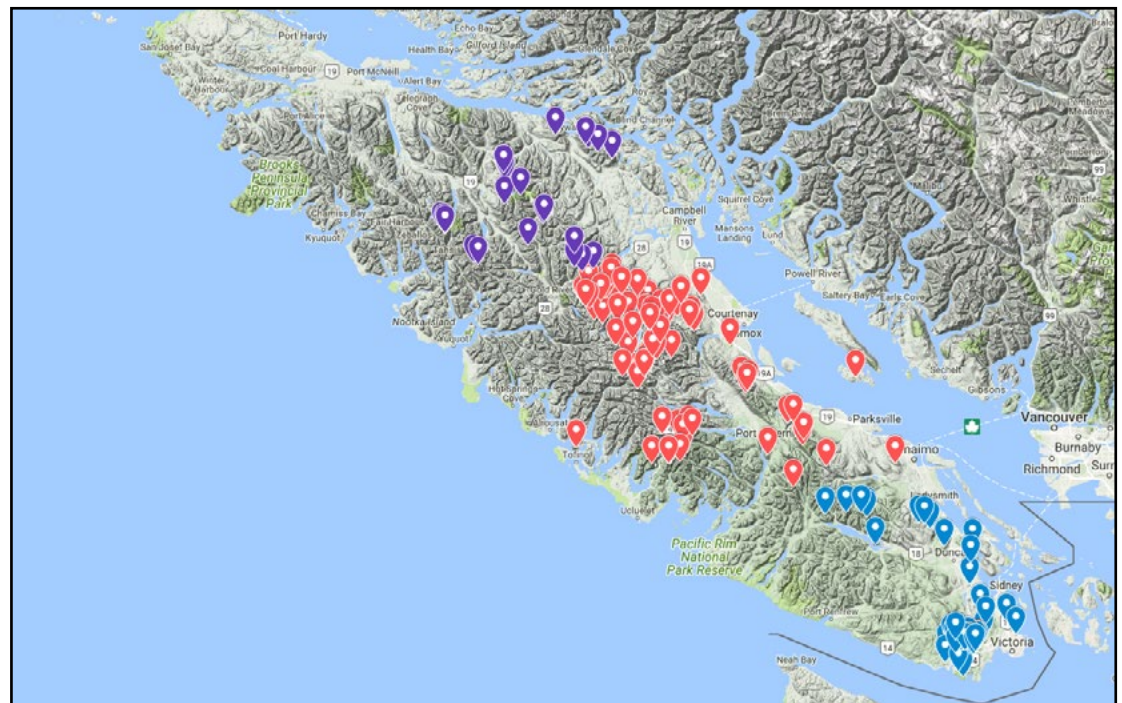
More info at:

[www.facebook.com/groups/
trailrider.accvi](http://www.facebook.com/groups/trailrider.accvi)

ACC-VI Vancouver
Island 150:

*Click on the map
to see where people
have been going!*

*Lots of places to
check out!*



Executive Episodes: *A quick update of ACC life from the chair's chair.*

It's beginning to look a lot like a hut

Yes the progress on the Peak 5040 hut project over the last month has been amazing. Under the guidance of construction manager Chris Ruttan, and camp manager Nadja Steiner, teams of workers have been putting out terrific energy and enthusiasm. Check out the photos, videos and comments [here](#) on the 'ACC-VI 5040 peak hut' Facebook page.



Photo: Nadja Steiner

Many thanks and congratulations to all who have volunteered their time and energy to achieve this. It's great to see that our youth section have a trip up there to join in the adventure too. There are still opportunities to contribute, so please contact huts@accvi.ca or sign up on the schedule.

In a few weeks time when the construction camp is dismantled, we will be organizing a work party to check and clean all the camp equipment before putting it back into storage. Do keep an eye out for messages about this additional way in which you can help later.

Our new website

A big thank you to Jes Scott for her work relaunching our website. Most pages are now complete, and if you have ideas for what additional material or options you would like to see on the site, please let us know.

It was too good to be true

Many members noted in a NewsNet article a few weeks ago that Icebreaker were offering 50% discount on online orders to all members of the ACC. If you have since had difficulties logging on to that site, I'm sorry to say it is because the deal has been withdrawn. Groups sigh for those of us who procrastinated.

North Face Winter Leadership course

Members who have been leading trips for our section and are interested in improving and updating their skills, may want to consider applying for the North Face Leadership course which will run out of the Lake Louise Alpine Centre from 23 February – 3 March 2018. The deadline for applications is 24 November. Note this course is eligible for our usual education [course subsidy policy](#).

Please check out the details:

<http://www.alpineclubofcanada.ca/adventures/leadership-training/mountain-leadership-course-winter-2018/>

Applications need to be supported by references and endorsement from the section executive, so please let me know as soon as possible if you wish to apply.

Access issues, rights (and wrongs?)

Our ongoing concerns about access restrictions received some attention in the Right to Roam Act introduced by Andrew Weaver in the legislature.

www.andrewweavermla.ca/2017/02/27/introducing-roam-legislation-british-columbia/

You will see that his site gives the opportunity to comment directly on the proposal. In addition, the FMCBC has been collating responses from its organizations. As our access issues on the island are in many ways more acute than in other parts of the province, it seems especially important that we contribute to this discussion. Please add your voice – either directly or via the executive.

Dates for your diary

As we have just passed the autumn equinox, it seems a good time to mark some seasonal events for your calendar. These include:

26 October Annual ACC-VI photo contest

29 October Hallowe'en hike

25 November Up-Island Christmas party

26 November Banff Mountain Film Festival in Victoria

15 December South-Island Christmas party

26 – 28 January AGM weekend at VIMC Mt Washington

Details of these events are – or will be – posted on the schedule.

Executive event

The executive will meet again on Monday 30 October. Minutes of previous meetings will be available on the executive page of the website.

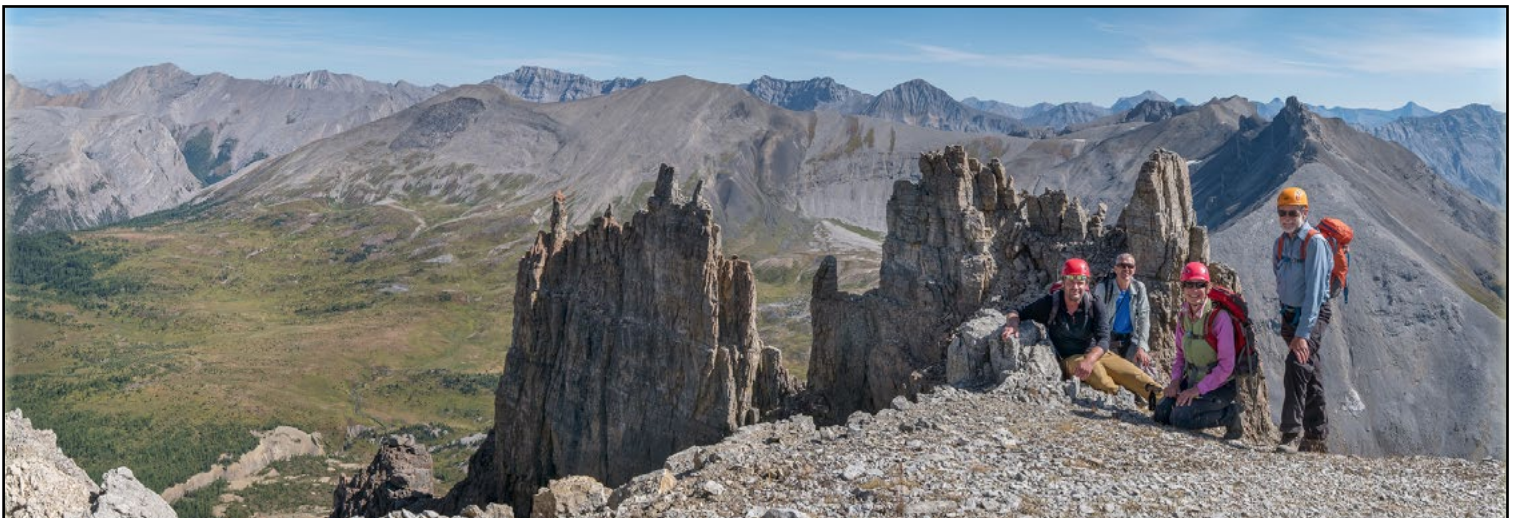
I am writing from the Swiss Alps, where early snow is already dusting the peaks.



En route to the Dent de Valère in the shadow of the Dents du Midi. [CB]

**Happy trails
Catrin Brown**

catrin@shaw.ca | chair@accvi.ca



Cal Veenstra, Jeff Beddoes, Diane Bernard, and David Lemon below the summit block on The Towers, Mt. Assiniboine Provincial Park - ACC-VI Summer Hut Camp. Photo by Mary Sanseverino

Sept 29 - Oct 1: A weekend at the 5040 Hut

Photo essay by Chris George



CALLING ALL ACC-VI PHOTOGRAPHERS

We are pleased to announce the date of the much anticipated Annual ACC-VI Photo Competition: Thursday, October 26, 2017 at Victoria's Swan Lake Nature House from 7:30 to 9:30 PM (Doors open at 7 PM)

If you are an ACC-VI member please send your photos (maximum of 3 per member) to Roger Taylor at accvi.photos@gmail.com For your chance to win a Funky and Coveted ACC-VI trophy

**DEADLINE FOR PHOTO SUBMISSION IS 8 PM,
TUESDAY OCTOBER 24th**
(see details below for how to submit an entry)

PLEASE NOTE THE FOLLOWING INFORMATION:

- Limit of three photos per member to be submitted
- Photos that do not fit category guidelines will not be entered into the competition
- All submitted pictures must have been taken in a mountain setting within the last year
- Please read to the bottom of this message. If photos are not submitted correctly, they may not make it into the competition

CATEGORIES:

- VI – Vancouver Island Mountains (with or without people)
- AS – Summer Mountain Activity (people active in the mountains – summer)
- AW – Winter Mountain Activity (people active in the mountains – winter)
- MS – Mountain Scenery (no people)
- NA – Nature: flowers, trees, plants, animals, birds, etc. taken in the mountains
- HU – Humour: use your imagination!

HOW TO SUBMIT AN ENTRY:

Email your digital images to Roger Taylor (accvi.photos@gmail.com) by 8 PM on Tuesday, October 24, 2017. No entries will be accepted after this deadline. Roger will try to confirm receipt of all photos by return email. If you do not get confirmation within 48 hours, it is possible that your email has gone astray or Roger is busy with his paid job, so please resend or be patient as it might take another day or two!

FILE NAMING – THIS IS IMPORTANT:

Category abbreviation-yourname-caption

For example, Phee Hudson's entry in Mountain Scenery (MS) would be labelled:

MS-PheeHudson-Arrowsmith at dawn

Please no commas, @, * and especially no periods in the file name.

For instance, Mt. Cain should be "MtCain" or "Mt_Cain"

IMAGE SIZE:

Be aware that some email programs shrink photos when sending them, so the quality is much reduced. Send a test file to yourself to make sure you are getting the full size. To display effectively in the competition each image file should be within these 2 ranges:

Between 1280 x 1024 and 2048 x 1536 (4:3 ratio)

OR

Between 1920 x 1080 and 2048 x 1152 (16:9 ratio)

e-Trails: Mountain News and Stories

Our section has many members with a flair for communication. Check out these active web pages and blogs for trip reports, videos, photos, GPS tracks, and more.

Matthew Lettington: <http://explorington.com/>

Brianna Cook-Coates: <http://www.rhymeswithmountains.com/>

Jes Scott: <http://jescott.ca/>

The Federation of Mountain Clubs of BC newsletter: <http://bit.ly/FMCBCSept17>

Our ACC-VI Facebook Page. You don't have to be on Facebook to see the ACC-VI Facebook page. It will look just like a standard web page (okay, just ignore the "Signup" info and start scrolling). Lots of great photos, stories, links and info here (the 5040 Hut photos are a lot of fun!!).

Well worth a look: [ACC-VI Facebook Group](#).

No one knew if it could be done. But when Reinhold Messner and Peter Habeler climbed Mount Everest without oxygen in 1978, they smashed one of the last barriers of human performance. Almost 40 years later, both legends talk about their first ascent by “fair means”—and the long-running feud that followed. [Check out the article by Grayson Schaffer](#).



Breaking news -- our own Phee Hudson has been selected to do the painting that will go on next year's Alpine Club of Canada General Mountaineering Camp tee-shirt. As well, Phee has been named as the official Artist in Residence for the 2018 GMC Artist's Week.

She has promised us all a sneak preview of the commissioned painting when it is completed, but for now here is one of her paintings of Spirit Island at Maligne Lake near Jasper in the Canadian Rockies.

Well Done Phee!!



EXECUTIVE

Chair: Catrin Brown, chair@accvi.ca
Secretary: Lise Gagnon, info@accvi.ca
Treasurer: Clarke Gourlay, treasurer@accvi.ca

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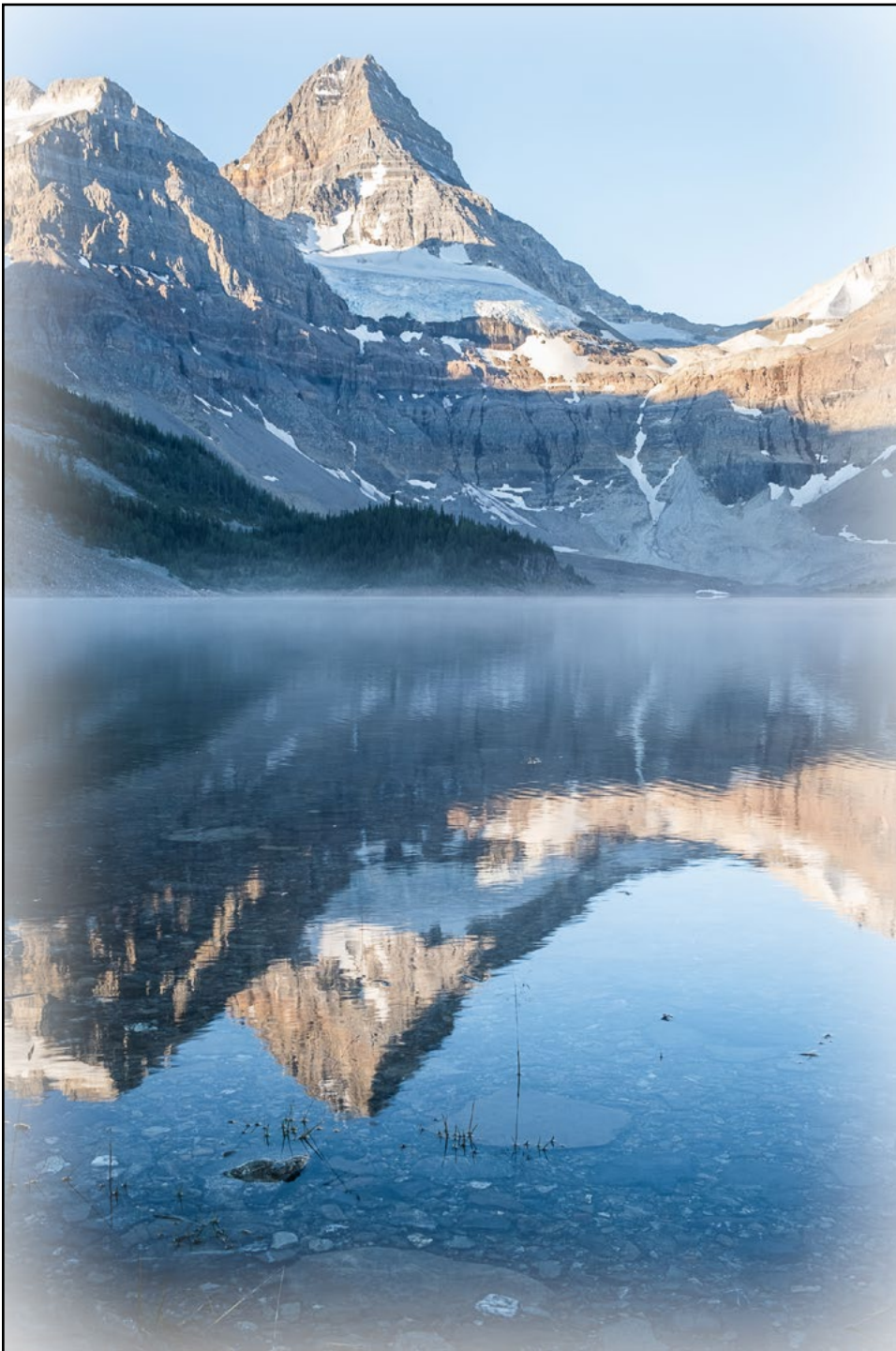
Kids and Youth Program Coordinator

*Derek Sou

* Non Executive Coordinators



Marmot Mountains - Oct 1, 2017. Matt Lettington, Phil Jackson, Colleen Chestnut, Seonuk Baek, Rick Marshall and Lindsay Elms. Photo: Lindsay Elms.



***From the cover:
Mt. Assiniboine reflections.***

Photo by Mary Sanseverino.

Mary says "Why a photo of Mt. Assiniboine on the cover of the Bushwhacker? Assiniboine is a long way from here!"

Because this year ACC-VI had a successful hut-based summer camp in Mt. Assiniboine Provincial Park. This shot was taken early in the morning of the third day on what turned out to be a week of stunningly lovely days".

Thank you to this month's contributors: Barb Baker, Catrin Brown, Lindsay Elms, Christine Fordham, Chris George, Phee Hudson, Walter Moar, Nadja Steiner, and Peggy Taylor. Well done everyone!