

THE TRIPPER



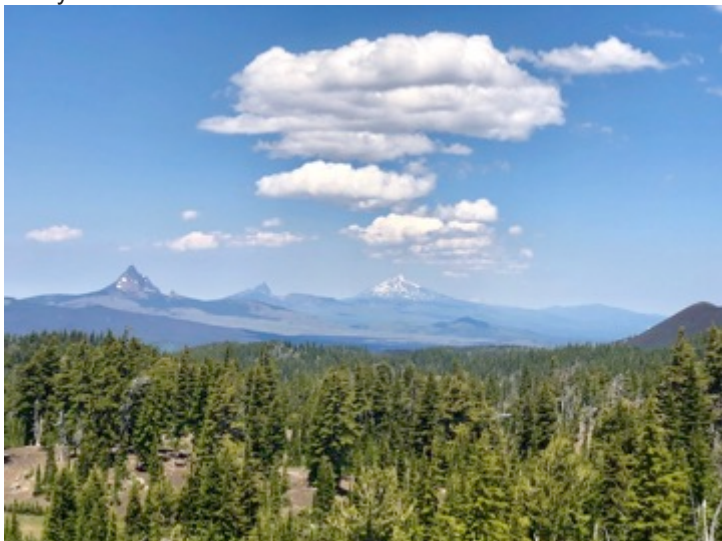
Newsletter of the Chilliwack Outdoor Club

C/O 381 Cedar St., Cultus Lake B.C. V2R 4Z1

TRIP REPORT

THREE SISTERS WILDERNESS BACKPACK,  
JULY 07-14

The Three Sisters Wilderness is a 247,102 acre protected area located in the Cascade Mountains of central Oregon. Protected under the Wilderness Act of 1964 it has seen its share of high profile battles over the years to try and protect it for recreational use from the mining and logging interests. There has been more volcanic activity in the Three Sisters Wilderness during the past few thousand years than in any other part of the Cascades. The Three sisters are part of a linear series of major volcanoes rising high above the surrounding countryside which include Mt Hood, Mt Jefferson, Three Fingered Jack, Mt Washington, Mt Mazama (Crater Lake) and Mt McLoughlin to name but a few. The high Cascades began to erupt about 5 million years ago and have continued in recent time to form a landscape dominated by volcanoes, cinder cones, lava flows and lava dammed lakes. These spectacular mountains began as broad shield volcanoes but in the final stages about a million years ago these mountains were a scene of explosive activity, which built the massive peaks that are still visible today.



On Day 1 we started the hike from Lava Lake campsite on Sunday am and were soon heading south on The Pacific Crest Trail (PCT), before turning left onto the Matthieu Lakes Trail. It was soon apparent that the fires of 2017, which



closed the PCT for a number of months, had swept through the area with devastating results but by the time we did our hike there were already signs of life coming back. This trail winds through forested slopes past the beautiful alpine lakes that the area is named for (north and south Matthieu lakes) before rejoining the PCT at Scotts Pass (6080ft) and then staying right (southwest) and continuing south on the PCT. Out of the forest we were now in a land of lava flows and cinder cones with expansive views north to Mt Washington and Three Fingered Jack and directly south at North Sister (10,085ft). We got to our destination, Minnie Scott Springs in the early afternoon and after setting up camp and having lunch 5 of us decided to climb Collier Dome (7534ft) to get a better view of the glaciers on North and Middle Sister.

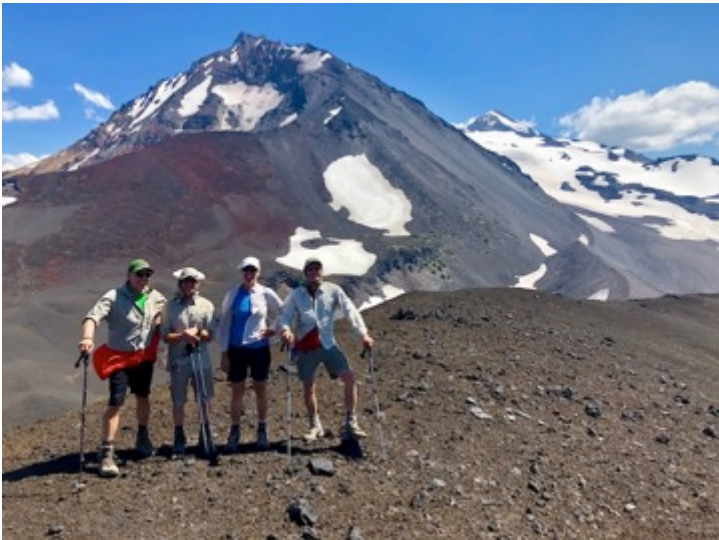


What a spectacular view from the top, we scrambled up a scree slope to get on the ridge which then looped around and gave us great views of the alpine lake at the foot of Collier Glacier which was colored a beautiful jade green.



Day 2 saw us leave early with the hopes of having breakfast at Arrowhead Lake but we never did find it and ended up having brunch in a meadow with a trickling stream running through it and many wildflowers on display. After another push we ended up at Reese Lake

an alpine tarn of deep blue, since we were camping here for the night most people went in for a swim, refreshing to say the least. Since it was only mid afternoon 5 of us decided to go explore a trail that I had found the last time I did this hike in 2008. As expected this trail climbed up to the saddle between South and Middle Sister and joined the official trail coming in from the east that stops at Camp Lake, if I was to do this hike again I would use this route to come back over from the east side and continue back up the west trail and thus cutting out the northeast section which is the least scenic.



Day 3 saw us drop into the forest of pine, spruce, giant western hemlock and western red cedar only to find that maybe 70% of it had been burned in last years devastating fires. It is sad to see the destruction but on the other hand there is a certain beauty to the destroyed forest and the fire was hit and miss so with the remaining trees the greenery is



already starting to come back, but this area will have to be hiked with caution for many years as there is a lot of large timber to come down. This area had the most bugs (Reese Lake was our worst night) and you could not stop for long here, the meadows with there wildflowers were nice but the bugs soon drove you off. We finally exited the forest out onto the Rock Mesa Obsidian Flow and the Wickup Plain where it was nice and open and a lot drier and the bugs disappeared. By early afternoon we made it to Morraine lake and were able to camp high above the lake (6700ft) with a fine view of South Sister (10358ft), Morraine Lake(6400ft) and Broken Top (9175ft) with a nice breeze to keep any bugs away to boot.



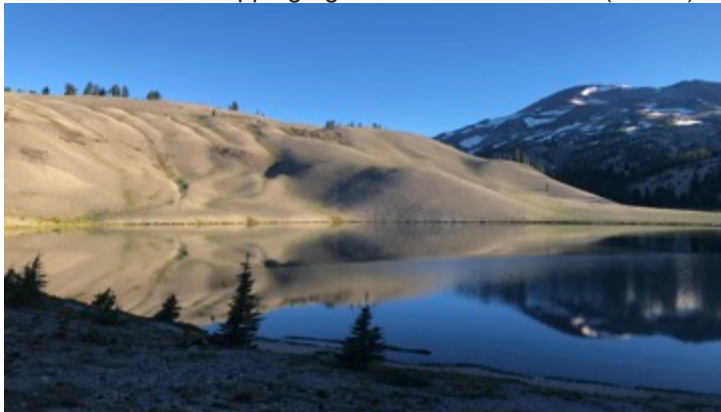
Day 4 dawned early, not a cloud in the sky as we set off to climb South Sister. South Sister was built up in three major stages with the lower portion a basaltic shield volcano, which became covered by a steeper cone and then topped by 2 recent cones in the last thousand years. It then blew it's top leaving a crater that you can walk around for about 1/2km, this year the crater was filled with snow and you could just walk across from one side to the other. From our campsite you pickup the trail above us and head straight north, it first being a regular trail then going to rocks and finally to volcanic scree. There is a trail to the top through a few patches of snow (usually more snow but they only had 40% snowpack this year) as you cut between the Clark and Lewis



Glaciers. When we got to the top we kept seeing all these butterflies and as time went on there were more and more until the snow was crawling with them, there were literally billions of butterflies flying by us with a constant flow, it was one of the most amazing things that I have ever seen. It turns out that the butterfly is the *Adelphia Californica*, native to California & Oregon but have not been able to figure out why the massive swarm (even though Joce was at Yosemite NP at the same time and they had them also). We spent a couple of hours on top watching the butterflies and taking in the views before descending. On the way down 3 of us decided to go and explore Little Broken Top, which was, is an exploded basalt plug that was really quite interesting to see.



Day 5 we again left early and I am glad we did as the temperature was climbing, we were now well into the 30's with not a cloud in sight all day. From the campsite you descend to Morraine Lake, skirt the south shore and then head south looking for a break in the Miller Lava Flow which allows us to turn left and start the hike north. This part of the trail is again in the beautiful old growth forest but here the trees start to change as we come into the dry eastern part of the hike. From here we hike along the toe of the Newberry Lava Flow and Fall Creek, which drains out of the southern most of the 3 lakes of the Green Lakes chain. Stopped for a break at Green Lake (6560ft) before heading on up through the thinning forest before reaching the high point on the trail at 7037ft before dropping again into Park Meadow (6200ft).



At this point we decided because of the bugs that we would push on to Soap Creek and camp there as from here to Scotts Pass the forest through multiple forest fires is 90% burned so there should be no bugs at the next stop. Also one of our hikers had hurt their knee so we split up her weight and carried onto Soap Creek, the trail here being quite well graded we made good time and by the time we got to Soap Creek we had done 24km, it was 37C but it was a nice and cool creek to sit in. The decision was made here that the one car would carry on to Alder Creek, another 6/7km and camp there which would give the injured person a shorter hike out to the trailhead the next day and the other 4 people would stay at Soap Creek, hike to South Matthieu Lake and then come out on Saturday.



Day 6 got up early and started hiking in the cool of the morning but it was soon apparent that it was going to be a hot one today and there was not much shade in the burnt out forest. Made it to Alder Creek in a few hours and soaked ourselves in the coool water before heading on, it was a grind up to Scotts Pass but we got to the lake at around 11:30, we were going to stay the night there but when we realized that we had only 4km to the trailhead and the lure of a shower at the campground in Sisters we decided to head for the barn and got out at 1pm. The other group had left that am early from Alder Creek and probably got out a few hours before us and probably drove home from there. The knee is getting better and she is resting comfortably.

Day 7, after dinner the night before we headed for breakfast in Bend, stopped in at the Newberry Volcanic Monument, hiked a lava tube cave for 3km and took a tour of Crater Lake NP before heading to see my brother and family in Ashland Oregon. Went out for dinner, had a great time and then slept in the backyard of their house on the grass with just our sleeping pads and bags, no tent. On day 8 we drove the 1000km home from Ashland and the rest is history. In all we did 103km of trail hiking including South Sister, but those that added in Collier Dome, the saddle between the Sisters and Little Broken Top probably did another 25-30km and all in 6 days. This is a wonderful area to hike in and if you get the chance I would recommend that you do it though it was much busier than I remember it from 10 years ago but then what isn't. Thanks to everybody for coming along on



the hike and I hoped you all enjoyed it, thanks to Carol A, Allana S, Krista M, John L, Don M, Jerry U, Mike  
-John McLellan

### TIKWALUS HERITAGE TRAIL TRIP REPORT - JUNE 27

The Tikwalus Heritage Trail follows an ancient Nlaka'pamux First Nations route, later used by fur traders and gold miners and their horses. Signs explain the history and point out culturally modified cedar trees. We hikers had our own memories of what used to be called First Brigade trail: Judy gathering morels for a mushroom sauce the year after the 2004 fire; Terry finding a tick on her neck as we debated whether it was too early in the season for ticks. On this day we came across beetles, ants, spiders, mosquitoes—thankfully NO ticks.



Lunch was on the bluffs overlooking the Fraser Canyon, highway 1 and the start of Hell's Gate. Roberto, on assignment for National Geographic, lined us up for group photos. Besides people we also took photos of Indian paintbrush, tiger lilies, dogwood, lodgepole pines, douglas fir, cedars & yew trees. Terry even spotted a young ptarmigan. Many feet have walked on this historic trail. One of our group even hiked part of it in stocking feet. Thank you to Hope Mountain Centre's summer trail crew for clearing the trail. On the Tikwalus Heritage Trail (12.5 km, 788 metre



elevation gain) were **Terry B, Heather B** (reporter), Roberto D, Johnny G, Cal F, Annette L, Liz L, Judy P, Linda R, Bill W.

### GLORIA LOOKOUT - JULY 7

1500 m gain  
11.3 km (starting after hiking through the Chilliwack Community Forest)



It was a cool and low cloud day as 4 COCers and 1 young guest traipsed up to Gloria Lookout. Brian T., Terry B. and **Lori B.** all knew that the picture for their Quest for 10 "proof picture" at the lookout may not have any of the beautiful views that would be hidden in the clouds but had decided that rather than wait for the sunshine, and thus the intense heat that goes with it, they would take the chance that maybe...just maybe, the clouds would lift.



Robbin Y. , Russell P. and 4 dogs made our troop come to a total of 9 damp souls making the steep hike. The mountain was nearly empty and the clouds gave a feeling of peacefulness as the ascent was made. A lunch was greedily consumed at the south-facing slope before the Quest for 10ers hiked the extra 500 m down to the lookout for the obligatory photo before heading down the mountain.



A cooler full of banana split makings greeted the hungry hikers and was devoured quickly with the knowledge that if you eat banana splits standing up they have no caloric value!

This was the first of the summer focused Quest for group. One down ...9 to go!

## SKAGIT RIVER TRAIL - JULY 7

A few showers accompanied us to the trailhead at the Sumallo Grove. Fortunately no rain for the entire hike. Even the sun showed its cheery face. Bill W, Ron T, Rossana C, Danielle G, myself and Eileen R (The Tripper photographer).



I can say nothing new about this most familiar of hikes for COCers. The refreshing smell of the forest. And the sounds of the Skagit and its feeding tributaries were soothing. It was a peaceful day without the din of the city.



The only human sounds were the joy of our fellowship and meeting others. At Delacey Camp we met a group of men heading to Harlequin Camp for an overnigher. Speaking of Delacey the camp was seriously muddied as a result of the Skagit flooding in the spring.



We reached the ecological reserve where we had lunch, I seem to recall. I wrote this report several weeks after the hike, which means I'm writing on total recall. We did reach the slide area about 7 km from trailhead. Here we turned around, headed for our vehicles parked on the highway. Blue Moose our next stop.

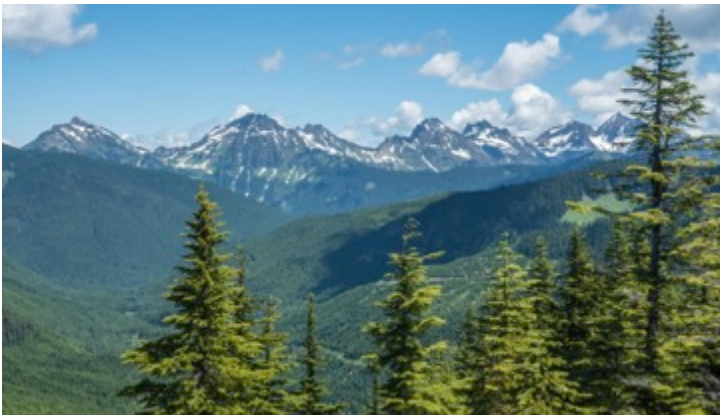
- Dave Ortis

## ELK TO THURSTON TO GLORIA LOOKOUT – JULY 11



This hike was a true test of endurance. For all 12 of us it was our first time hiking the route from Thurston's Peak to Gloria Lookout. And the sign at the Gloria Lookout junction is not even a week old. We were rewarded with the familiar views to the south, with Mt. Baker dominating the horizon, to the full and far reaches of Sumas Prairie and then as we approached Thurston; the Cheam Range and as we reached Gloria Lookout; the northern horizons.

Bracing ourselves for a long day, we set off from the familiar Elk Mt. trailhead, after dropping off 3 vehicles at the Gloria Lookout trailhead. There was an abundance of yellow Tiger Lilies dotted with some red Indian Paintbrush on Elk and along the ridge. By the time we got to the Thurston rock cairn, we'd done over 1000m-elevation gain. This or Elk is usually our turning point. But now it was a point to sit a bit and have a snack. We were only 7.5 km into a 21 km hike. The sun was rising in the sky and it was getting hotter by the minute.



So on we went, along the ridge towards Thurston Peak. Once there, a wooden sign pointed the way to Gloria – 4.5 km. It's a good thing because there was no distinguished trail. But there were plenty of orange markers to guide the way. And brush had been cut back last year. We were now in uncharted territory. Pretty exciting. We did a sharp 270m-drop, even passing a few patches of snow, and then began climbing again for 120m. Once on the next peak at 1570m, it wasn't much father along the trail before we came

to the junction. A lovely new sign pointed the way to Gloria Lookout – 500m.

As we descended again, we were not so keen on hiking that steep trail back up in the hot sun. We were drawing on our reserves by now. But the views at the lookout were worth it. Now we were on the other side of the mountains, with the views to the north and east exposed. We'd made it! But wait a minute, we still had to climb 100m back up to the junction and then do a knee-grinding steep drop for a whole 1200m! This fairly new trail did short switchbacks through pretty forest, staying close to Elk Creek & Falls most of the way. It was 5:30pm by the time we all got to the parking lot. We were dirty, sweaty, tired but had a jubilant sense of accomplishment.



Stats: 21 km / 1535m cumulative gain / Elk Peak – 1439m, Thurston – 1625m & Gloria Peak – 1570m

Thanks to all who came out for this challenging hike so close to our homes: Grant A, Heather B, Allan Ch, Ros Ch, Steve C, Dawn D, Don F, Cal F, Johnny G, Deb H, Tammy W + **Joce T**

## THREE FALLS AND DRY RIDGE TRAILS – JULY 14



After a fast pit stop at the lodge we headed for Three Falls. It's an easy 9 km return 'A' hike with a 161 m elevation loss.



The trail follows the Skagit River downstream to the lower Derek Falls where the nine of us enjoyed a relaxing lunch. Who were the nine? Bill, Patrick, Lynn, Shelly, Vera, Jim, George, Eileen and myself. Thanks Eileen for the nice pics. On the way down we passed Shadow and Nepopekum Falls. This is relaxing “Sunday afternoon” hike. Sometimes it’s nice to do a relaxing hike. I would argue that often one can see more on such a hike.



Even with view and picture stops we were back at the vehicles under three hours and heading for the Cascade

viewpoint and the 1 km saunter to the Dry Ridge Trailhead. Dry Ridge is a 75 m elevation gain 4 km return hike. A novice hiker must do this trail just for the view. We purposely gave ourselves permission to ponder the panoramic scenery filling our souls with good to be alive feelings.

Back at the cars I had a near mutiny with everyone saying in unison “to the DQ in Hope we must go”. As hike facilitator what could I say but comply.

- Dave Ortis

## SERPENTINE LAKE – JULY 18

I posted this as a moderate hike. Wrong. We all came home with battle scars: bloody scratches on our legs and arms. Last time we’d done it we were snowshoeing. This time we had to bushwhack and scramble over and under fallen trees and through thick bush. The flagging tapes there were faded and we often had to look for them. But seeing the pristine lake without ice & snow was quite rewarding.

We parked just past exit #192 on the Coquihalla Hwy at a truckers’ pullout. Then we walked about 5 minutes along the highway till the green Caroline Mine sign. Just past the creek we crossed the ditch and soon saw pink flagging tape. There was no trail on this first stretch. In about 15 minutes, after bushwhacking through huckleberry & blueberry bushes, we emerged onto a gravel road. We almost passed the flagged miner’s claim post about an hour later.



There we cut into the bush again, soon encountering our first batch of fallen trees. Sometimes we could see a faint trail but often there were detours that skirted round deadfall. The grade increased and didn’t ease till we were almost at the lake where we crossed a high grassy meadow beside a picturesque lily pond. At the lake we turned right and found some lovely warm seats on the boulder slope.

There we had a long leisurely lunch, basking in the sun on

## PALEFACE PEAK – JULY 25



the colorful boulders. Red was the most abundant color and then there were several very green serpentine colored rocks. We soaked our feet in the not so cold water and Carolyn even went swimming. This encouraged Pepper to try it for the very first time! Dragonflies were everywhere and the sun made the water sparkle.



It was with reluctance that we left our peaceful oasis and headed back into that bush. We rewarded ourselves afterwards with icecreams at the Dairy Queen in Hope.



Stats: 9.5 km / 720m gain / 1067m high / 9:15am – 3:00pm  
Participants were: Heather B, Johnny G, Carolyn H, Margaret T, Robbin Y & her dog, Pepper + **Joce T**

This hike was a long but rewarding one. Wait a minute, did I just say hike? Once off of the FSR, which 4 of us managed to avoid (thanks to our trusty FJ) it was more of a scramble with bushwhacking and route finding than a hike. We came home at dinnertime, hungry, tired, dirty with pokey pine needles in our necks and backpacks and with scratches on our limbs stinging from our salty sweat. But with a keen sense of accomplishment and the most beautiful views of the whole of Chilliwack Lake and it's surrounding peaks.

The Jims, who'd done so much work on the TCT part of this trail in the past months, warned us that the 6.5 km of gravel Chilliwack River Rd. (left of the lake) was rough and riddled with potholes. They did not lie. When the road turned a corner, leaving the lake, we soon came to a TCT sign. This is where we were supposed to park. But the dirt road beyond the sign beckoned us to try go further. Cal parked in a few km. But we drove to the washout about 1/3 way in. Then Case turned round and drove back to Cal's jeep to pick them up. Seven of us were on the way walking from the washout, when Case yelled, "I'm going to try drive through!" I headed back and directed him round the boulders. Two more hikers hopped in and we managed to drive all the way to 1200m, where there's a bit of a trail heading up to Custer Ridge.



From there we were soon on the well-maintained TCT in the forest. When we entered a clear-cut area there was a sign on a stump with rocks on it and pink flags marking this point as Paleface Pass. This is where we left the trail. I was the only one who'd done this hike before but it'd been several years ago and I didn't save a track or remember everything. The closest peak to the left looked too close and low to be the peak but my waypoint says it was. The fact is, you can't see the peak because it's behind the visible peak. When 3 others with their GPSs stated that the peak was east of it, we headed that way, cutting into the forest and skirting round the east slope to the south side. At this point they realized we were actually on Paleface Mt. itself.





So up we went. The slope was so steep we had to hang onto branches and pull ourselves upwards. Eventually we saw blue sky and crossing a few more heather slopes, were on the summit. Wow!!! So much to see. Peaks galore. And if we walked a wee bit more to the very western edge we could see the rectangular Chilliwack Lake right below us. In the middle by Mt. Webb it bends slightly to the NW. It was well worth the effort to climb up.

I was confident about the general way down, following the flagging tapes down the western ridge to a small tarn in a meadow. There we turned east, skirting boulder slopes and following tapes. But when the route led steeply down we did not see any more tapes. Back in the forest we went till we saw another boulder slope lower down. So we headed for that and saw flagging tapes again. At the base of this slope we went back into the forest, following yellow tapes. But these stopped so we continued on east, bushwhacking till we got to the clear-cut and soon back to the TCT.



Those of us who got to the FJ first continued to walk down the FSR. But it ended up that all 8 of us were eventually in or on the FJ. The 3 men were standing on the back bumper. When they saw another deep drainage ditch coming up, Cal would yell, Case would stop, they'd jump off, he'd drive through, stop again and the guys would jump back on. We had a good system going. It was after 5:00pm by the time we

were back on the Chilliwack River Rd. Case got so fed up with all the potholes that he just hit the gas as we braced ourselves, and drove right over them.

In conclusion, we had a wonderful challenging successful expedition to an area unknown to most. We even had some deep meaningful conversations. Like who has the nicest legs (coming from the 2 men in the back) and if we got stranded who would we eat first to survive? We bonded as a strong team in a spirit of adventure.

Stats: 15 km / 965m gain from wash-out & 645m gain from FJ / 1795m high

Many thanks to Jim Alkins and Jim Shirk who did so much work on the TCT.

Participants were: Claudine A, Dave B, Heather B, Dawn D, Cal F, Johnny G + Case & **Joce T**

## MULTI DAY TRIPS

### MOWICH CAMP AT HOZOMMEN PEAK, MANNING PARK

Aug 4 - 6 / LIMIT: 12 / 3 day backpack

Terry Bergen: [terrybergen@shaw.ca](mailto:terrybergen@shaw.ca)

### TONQUIN VALLEY, OVAL/BALD PEAKS – MIETTE, JASPER MP, ALBERTA

Aug. 19 – 26 / LIMIT: 10 / Ron Dart: [rdart@shaw.ca](mailto:rdart@shaw.ca)

Day hike, 2 day backpack, car camp, tenting, hut

### BELLA COOLA, BC

Sept. 6 – 15 / LIMIT: 12 / Margaret Tranah: [Margaret\\_tranah@hotmail.com](mailto:Margaret_tranah@hotmail.com)

Day hiking & grizzly bear watching, car camping

### COPPER RIDGE OR EXCELSIOR RIDGE, MT. BAKER AREA

Sept 12 – 16 / LIMIT: 6 / 4 day backpacking

Sue Lawrence / Al Smith at [gwelu@telus.net](mailto:gwelu@telus.net)

### HIGH RIDGE, WHISTLER-BLACKCOMB

Sept 26 – 29      LIMIT: 8

Day hike, hostel      Ron Dart: [rdart@shaw.ca](mailto:rdart@shaw.ca)

## CLUB INFORMATION

### Notice to Trip Participants

It is understood that risk is inherent to some degree in all outdoor activities. Please ensure that you understand the risks involved and are prepared to accept them. As a participant, you are responsible for your own safety and equipment at all times. Trip organizers are not professional guides—they are simply club members who have volunteered their time for your enjoyment.

Inform the trip organizer of any medical conditions that he or she should be aware of in an emergency, for example: diabetes, asthma, and bee sting reactions. Ensure that your previous experience, ability and fitness level are adequate for the trip. Be sure that your equipment and clothing are adequate for the trip. Stay with the group. Wait for other group members frequently and at all route junctions. Tell the trip organizer if you must turn back. **Be safe and enjoy!**

### Required Equipment

Trip organizers will be pleased to answer any questions regarding the required equipment for any outing. For more information, it is recommended that you visit one of the many websites that provide such information. Some recommended sites are: [www.valhallapure.com](http://www.valhallapure.com) (club sponsor), [www.backpacker.com](http://www.backpacker.com) and [www.mec.ca](http://www.mec.ca).

**Safety first, last, and always!** It is the responsibility of trip participants to be equipped appropriately. Plan for the **worst!**

### The Ten Essentials

Before you hit any trail, no matter how easy, no matter how short, no matter how close to home, make sure your backpack is loaded with the ten essentials. When in the backcountry you are responsible for your own safety, and any one of these ten items may help to save your life. Carry them all and know how to use them.

1. Map
2. Compass
3. Extra clothing
4. Sunglasses and sunscreen
5. Headlamp/flashlight
6. First-aid supplies
7. Fire starter
8. Matches
9. Knife
10. Extra food and water

### Equipment for Club Members' Use

2	canoes with accessories	1	stove
2	backpacks	1	water filter
1	two-person tent	1	pruning saw
1	three-person tent	1	dehydrator
1	projector and screen	13	ice axes
3	9 mm climbing ropes	4	pairs of crampons
4	climbing harnesses	8	assorted carabiners
2	avalanche transceivers	?	avalanche probes

**Note:** All equipment must be returned in the same condition as borrowed or repaired appropriately.

## Hike Grading System

Duration (hrs.)		Elevation Gain (m)		Difficulty	
A	0-4	1	10-500	a	Easy
B	4-7	2	500-1000	b	Moderate
C	7-10	3	1000-1500	c	Difficult
D	10+	4	1500+	d	Advanced

## CLUB CONTACTS

Position	Name	E-mail
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Club Trip Email	For trips and announcements to be forwarded to all members	<a href="mailto:coctrips@gmail.com">coctrips@gmail.com</a> or <a href="mailto:terrybergen@shaw.ca">terrybergen@shaw.ca</a> Note: Give at least 1-2 days lead-time.
Librarian	Irene Hofler	<a href="mailto:ihofler@telus.net">ihofler@telus.net</a>
Newsletter Pub. 604-854-6267	Jocelyn Timmermans	<a href="mailto:jocelyntimmermans@hotmail.com">jocelyntimmermans@hotmail.com</a>
Website	Amanda Rallings	<a href="mailto:Amanda_rallings@Hotmail.com">Amanda_rallings@Hotmail.com</a>
Vedder Mt Trail Ass'n	Gary Baker 604-858-4928	<a href="mailto:garybaker@shaw.ca">garybaker@shaw.ca</a>
Refreshments	Helen Turner + Lori Bodkin	<a href="mailto:hturner59@gmail.com">hturner59@gmail.com</a> <a href="mailto:firechick@telus.net">firechick@telus.net</a>
<b>Equipment Managers:</b>	<b>Richard Aikema - aquatic (canoes)</b> <a href="mailto:richard.aikema@abbotsfordcommunityservices.com">richard.aikema@abbotsfordcommunityservices.com</a>	
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