



## NEW YEAR'S DAY CYCLE – JAN. 1



What a great way to start 2024 with a 21 km ride around the Vedder Rotary Loop on a glorious day!  
 Thanks for coming out, Molly, Barb, Jennifer, Iraj, John and David  
 by **Jackie P**

## NORDIC SKI MANNING PARK – JAN 5



Today 9 of us COC members had a great day Nordic skiing at Manning Park. After a bit of a delay buying day passes and picking up seasons passes and some members renting



equipment, we finally made it to Strawberry Flats. The morning was spent shaking out the skiing cobwebs and coaxing some unused muscles to get with it. A couple of laps out to the t-bar and around the loop and we were all ready for lunch in the warming hut which had a nice fire going in the big airtight heater stove.

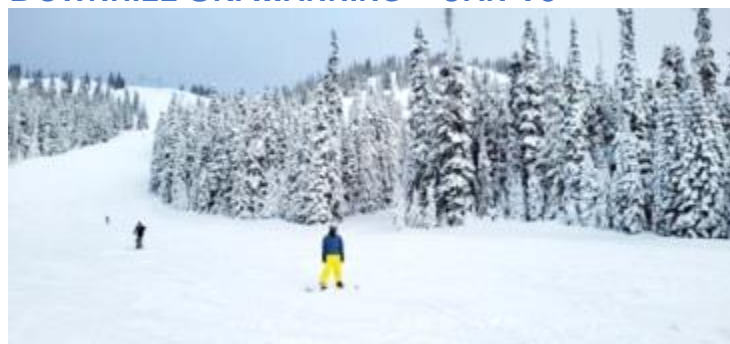
After lunch we skied the opposite direction which consists of a lot of fun downhill and a grunt skiing back up to Strawberry flats again. By 2:30 everyone was pretty much done and we headed home with a stop to pick up a hot chocolate at the Pinewoods lodge for at least two of us.

All in all, the snow conditions were very good and we had a fabulous day.

Thanks Danny, Dan, Maureen, Irene, Frank, David, Allan and Iraj for joining me for a great outing.

By **Herb S**

## DOWNHILL SKI MANNING – JAN 10





Finally, a great big dump of snow arrived at Manning ski hill the last 2 days. Herb, Denise, Maureen and Jim had a great ski day today, first of the season. Temperature was a nice -7.

By **Herb S**

### OUTDOOR FIRST AID REFRESHER – JAN 13



The Outdoor First Aid refresher was put on free of charge by the COC. This was hosted by **Paul Levett** of the COC and was held at the Yarrow Hall, 13 members participated and was well worth attending.

### KEES AND CLAIRE HUT – JAN 17-19



During a pause between 2 winter storms, intrepid Chilliwack Outdoor Club members skied across 2 peaks and climbed a significant ridge to reach our destination – the Kees and Claire Hut. During the trip the higher glaciated Coast Mountains shone down upon us with their hostile splendor.



Summitting each peak along the route was rewarded with powder skiing down the other side.



And the final climb was rewarded with the greatest view after a long day of skiing – a warm cozy hut.



The ski back was more dramatic. A winter storm was thrashing the mountains when we emerged from the hut for the return journey. Skiing back was real exercise in teamwork, group decision making, navigation skills in a blizzard, and endurance. Who said that you could not have fun being “almost” lost in the mountains in a whiteout? Thank you all for facing the blizzard – and calmly skiing into void.

Thank you, **Cindy W** for organizing and leading.  
Team members – Cindy W, David B, Darcy G, Pam T, Lucy S, Patrick R, and **Owen W** (report & pics)

## ZOA – JAN 25



Between the lack of snow, then the Polar Vortex and then the Atmospheric River, people were not getting out so it was nice to finally be able to get into the backcountry. It was around freezing with no wind, so it was a very pleasant day and we even got to see the sun once in a while. The snow was hard, so it was pretty easy going for most of the day as shown by the time as it only took us 3-1/2 hours to get to the peak and back to the vehicles



and then onto the Blue Moose. Want to thank Jan, Mark, Johnny, Iraj, Denise, Denise, Irene, Charlotte, Pat Cat, Don and Allan for coming along and making it a fun day in the alpine.



By **John McL**

## CAMBIE CREEK SNOWSHOE- JAN 27





The weather was questionable with possible rain, but turned out great with only a few sprinkles at the start of the snowshoe. Snow conditions were good. We had a total of 19 participants including some new members and guests. Everyone did great. Near the end we bushwhacked through the trees as suggested by Gary. There were groans as people broke through the snow and fell, but mostly laughs as we emerged from the trees into the open winter camping area.

Although we had 19 on the trek, we somehow missed the name of one person and only have 18 names, our apologies to whoever we missed! We did manage to get everyone in one a picture (except myself as the picture taker).

5.6km / 125m gain

In no particular order:

Paul Levett, Dave Stephen, Kelly Hawes, Caroline Murphy, Brenda Brat, Val Stevenson, David Biehn, Ildiko Takash, Darryl Haskins ( guest), Cheryl Vinchoff, Lynn Montgomery, Kim Mclellan, Lisa Morry, Randy Lamont, Lorenz Brugger, Tim Yochim, Bernie Yochim, Patricia Cotts

By **Tim Yochim**

## TRANSCANADA TRAIL - JAN. 29



As a follow up to Gary Baker's Snowshoe 101 Orientation Workshop on January 6<sup>th</sup>, Gary posted an easy snowshoe on the Cambie Creek Loop at Manning Park. Unfortunately, an old back injury flared up so Gary couldn't participate, but that didn't stop him from coming to the meet up spot to ensure everyone was prepared and organized with carpooling. Paul Levett stepped in for Gary to make sure all were accounted for at the trailhead and at completion, Tim Yochim lead the group and Paul was the sweep, so nobody was left behind.



I posted this easy walk so that many new members and those who had never been on a COC hike could come out and see what the club is all about. I didn't know that my co-leader, RAIN, would try hard to dissuade people from getting out of bed on a Sunday morning.

My fellow COC'ers, however, were undaunted and even with heavy rain overnight and things looking bleak, 18 house-bound people showed up for this trek along the Trans Canada Trail. We parked at Thurston Meadows and in light rain headed up the trail and met what we thought was going to be an ongoing theme: a flooded trail where we bushwhacked around it and balanced on a large log. Turned out the rest of the trail was fine (also because we got to cross all the new bridges the COC volunteers put in recently.)



Jim Alkins gave some interesting talks about the area: a planted forest by Scott's Paper back in the day which they've abandoned and let grow, an incredible construction project repairing the road that gave way during the storm of Nov 2021 and shifted material down the embankment to the river below and the history of the signs for the Trans Canada Trail.



When the idea of developing a Trans Canada Trail was started in 1992, the various planners got together from three different parts of Canada: east, west and north. Symbolically

they poured together three jars of water each from the Atlantic, Pacific and Arctic oceans into one glass representing the linkage that the Trans Canada Trail would be about. The logo that was designed has 3 stylized "people" that are in a maple leaf pattern of red, green and blue representing the 3 parts of the country.

The logo we see now is the updated version with the "S" curve and a dark green maple leaf that looks like trees. Soon after we started the rain stopped and on we tramped while the forest rang with our laughter and conversation.



At lunch we noticed blue sky and sun — what a welcome sight! Not long after they made "the wrong turn" (our sweep didn't notice!) I sensed that 3 of us were no longer with the group so we waited together for 10 minutes (it seemed long!) and then heard them on another trail (there are many anglers who make trails to the river but eventually they come back to the main trail). They rejoined us and were thankful we waited since they had never been on this trail before.

All in all, we walked much further than intended (checking with the group they were game to go on) and completed 13.7 kms round trip, 139m "ascent" and were out forest bathing for almost 5 hours.

Steve D, John McL, Johnny G, Lois, Rosemaree, Violet, Bela, Jim A, Terry B, Dave B, Val S, Ziff H, Paul L, Margaret L, Andrew D, Lonja B, Owen W and leader, **Christine Camilleri**.

## 2024 MULTI DAY TRIPS

**TRIP:** Hilton Grand Vacation Club in Whistler - 1 to 2 nights. Will post with short notice. Resort skiing but can also snowshoe, cross country ski, or just explore Whistler.

**DATE:** Jan–May **LIMIT:** 6

**CONTACT:** Cindy Waslewsky: [twin-creeks@shaw.ca](mailto:twin-creeks@shaw.ca)

**TRIP:** South Africa – day hiking

**DATE:** February **LIMIT:** 6

**CONTACT:** Jaco Noteboom: [jaconoteboom@gmail.com](mailto:jaconoteboom@gmail.com)

**TRIP:** Kees & Claire / Wendy Thompson – backcountry ski

**DATE:** Feb-March **LIMIT:** 12

**CONTACT:** Cindy Waslewsky: [twin-creeks@shaw.ca](mailto:twin-creeks@shaw.ca)

**TRIP:** Bow to Yoho Traverse – ski traverse with guide, training, catered + portered. Dinner at Truffle Pig in Field

**DATE:** March 26-31 **LIMIT:** 6

**CONTACT:** Cindy Waslewsky: [twin-creeks@shaw.ca](mailto:twin-creeks@shaw.ca)

**TRIP:** Arizona, New Mexico & Utah – day hiking & car camping (RV convoy) in Serpentine Mountains, Sagauo NP, Cataline SP, Kodacrome SP

**DATE:** March 25 – April 13 **LIMIT:** 12 – this trip is now full but I can put you on a waiting list

**CONTACT:** Jocelyn Timmermans:

[jocelyntimmermans@hotmail.com](mailto:jocelyntimmermans@hotmail.com)

**TRIP:** Kees & Claire – snowshoe

**DATE:** April 5-7 **LIMIT:** 8

**CONTACT:** Dave Biehn: [dave.biehn@gmail.com](mailto:dave.biehn@gmail.com)

**TRIP:** Golden Ears – beginner backpack. Evening workshop Wednesday, easy backpack Sat/Sun.

**DATE:** April 10 + 13-14 **LIMIT:** 10

**CONTACT:** Al smith & Sue Lawrence:

[hikethepeak@gmail.com](mailto:hikethepeak@gmail.com)

**TRIP:** Spain – day hiking

**DATE:** June-July **LIMIT:** 6

**CONTACT:** Jaco Noteboom: [jaconoteboom@gmail.com](mailto:jaconoteboom@gmail.com)

**TRIP:** Kootenay Loop Cycling – 340km road & rail – no ebikes

**DATE:** Jun 9-15 **LIMIT:** 10

**CONTACT:** Carol Ault: [carolault@gmail.com](mailto:carolault@gmail.com)

**TRIP:** Castlegar to Christina Lake Cycling - 190km rail trail, may be supported – ebikes permitted

**DATE:** June 16-17 **NO LIMIT**

**CONTACT:** Gary Baker: [garywbaker@shaw.ca](mailto:garywbaker@shaw.ca)

**TRIP:** Olympic Marine Park – backpack, 115 km

**DATE:** 3<sup>RD</sup> week of June **LIMIT:** 12

**CONTACT:** John McLellan: [jhmclellan@shaw.ca](mailto:jhmclellan@shaw.ca)

**TRIP:** Austrian & Swiss Alps – hut to hut, 80km & 6000m gain **DATE:** July

**CONTACT:** Christine Camilleri:

[4christinecamilleri@gmail.com](mailto:4christinecamilleri@gmail.com)

**TRIP:** Howe Sound Crest Trail – backpack

**DATE:** July-Aug **LIMIT:** 8

**CONTACT:** Cindy Waslewsky: [twin-creeks@shaw.ca](mailto:twin-creeks@shaw.ca)

**TRIP:** Howe Sound Islands – day hikes. Car camping in Porteau Cove, water taxi or ferry to islands.

**DATE:** June 20-23 **LIMIT:** 8

**CONTACT:** Al & Sue: [hikethepeak@gmail.com](mailto:hikethepeak@gmail.com)

**TRIP:** Mt. Calliope – backpack

**DATE:** July 8-11 **LIMIT:** 12

**CONTACT:** Patrick Ramsden:

[patrickwramsdn@gmail.com](mailto:patrickwramsdn@gmail.com)

**TRIP:** ACC Mountaneering Camp – guided, catered, helicoptered in. Register with ACC.

**DATE:** July 8-13

**CONTACTS:** Dave Biehn / Cindy Waslewsky:

[dave.biehn@gmail.com](mailto:dave.biehn@gmail.com) / [twin-creeks@shaw.ca](mailto:twin-creeks@shaw.ca)

**TRIP:** Illal Meadows – backpack. Loop route through Illal with help from John McLellan

**DATE:** July 14-15 **LIMIT:** 8

**CONTACT:** Al & Sue Lawrence: [hikethepeak@gmail.com](mailto:hikethepeak@gmail.com)

**TRIP:** Monashees – backpack. In and out backpacks. This will be 2 different backpack trips in the Monashees .

**DATE:** July 17-25 **LIMIT:** 6

**CONTACT:** Carmen Pellegrino:

[carmen.pellegrino80@gmail.com](mailto:carmen.pellegrino80@gmail.com)

**TRIP:** Mt. MacDonald & Mt. Webb – backpack.

**DATE:** July 26-28 **LIMIT:** 12

**CONTACT:** Allana Warkentin: [allanalee@shaw.ca](mailto:allanalee@shaw.ca)

**TRIP:** Lake Lovely Water – heli camp & day hiking.

Possibly staying in hut, helicopter into Tantalus range to base camp.

**DATE:** end of July **LIMIT:** 5

**CONTACT:** Cindy Waslewsky: [twin-creeks@shaw.ca](mailto:twin-creeks@shaw.ca)

**TRIP:** Itlaian Dolimites, Alta VIA 1 – guided tour.

**DATE:** Aug. 10-17 **LIMIT:** this trip is now FULL

**CONTACT:** Irene Hofler: [ishofler@gmail.com](mailto:ishofler@gmail.com)

**TRIP:** Nootka Island – backpack.

**DATE:** Aug. 4-10 **LIMIT:** 10 – this trip is now FULL

**CONTACT:** Owen Williams: [owen.williams911@gmail.com](mailto:owen.williams911@gmail.com)

**TRIP:** Mt. Conway & Lucky 4 Mine – backpack.  
**DATE:** AUG. 9-11 **LIMIT:** 10  
**CONTACT:** Allana Warkentine: [allanlee@shaw.ca](mailto:allanlee@shaw.ca)

**TRIP:** Bella-Bella Kayak – camping.  
**DATE:** Aug. 12-19 **LIMIT:** 8  
**CONTACT:** Dave Biehn: [dave.biehn@gmail.com](mailto:dave.biehn@gmail.com)

**TRIP:** Cancer Ride – 100km/day for 2 days. Need to raise \$2500.00 in donations.  
**DATE:** Aug. 24-25  
**CONTACT:** Dave Biehn: [dave.biehn@gmail.com](mailto:dave.biehn@gmail.com)

**TRIP:** Italian Dolomites, Alta VIA 2. Register with bookatreking.com  
**DATE:** early Sept  
**CONTACT:** Cindy Waslewsky: [twin-creeks@shaw.ca](mailto:twin-creeks@shaw.ca)

**TRIP:** Camp Mowach in Manning Park – backpack  
**DATE:** Sept. TBD **LIMIT:** 10  
**CONTACT:** Terry Bergen: [terrybergen@shaw.ca](mailto:terrybergen@shaw.ca)

**TRIP:** Mt. Frosty via PCT Trail – backpack  
**DATE:** Sept. TBD **LIMIT:** 10  
**CONTACT:** Terry Bergen: [terrybergen@shaw.ca](mailto:terrybergen@shaw.ca)

**TRIP:** Dave Thompson Highway – car camping / day hiking  
**DATE:** Sept. TBD **LIMIT:** 10  
**CONTACT:** Mary Ann Dykshoorn: [madykshoorn@gmail.com](mailto:madykshoorn@gmail.com)

**TRIP:** Peaks & Paleoliths – car camping / day hiking. Two days to drive to Tumbler Ridge. This is a UNESCO Global Geo Park. Return via Alberta & Mt. Robson.  
**DATE:** Sept 6-20 **LIMIT:** 12  
**CONTACT:** Ingrid Fischer: [ingyfisc@gmail.com](mailto:ingyfisc@gmail.com)

**TRIP:** North Cascades – car camping / day hiking. Southeast of Mt. Baker. Sahale Pass, Blue Lake, Hidden Lake Lookout + Sourdough Mt.  
**DATE:** end of Sept. for max 4 days TBD **LIMIT:** 12  
**CONTACT:** Jocelyn Timmermans: [jocelyntimmermans@hotmail.com](mailto:jocelyntimmermans@hotmail.com)

**TRIP:** Illal Meadows – backpack  
**DATE:** Sept. 27-29 **LIMIT:** 8  
**CONTACT:** Allana Warkentine: [allanalee@shaw.ca](mailto:allanalee@shaw.ca)

**TRIP:** Gold Ridge Chilcotin – backpack  
**DATE:** Early Oct. TBD **LIMIT:** 12  
**CONTACT:** Jaco Noteboom: [jaconoteboom@gmail.com](mailto:jaconoteboom@gmail.com)

## 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 Shovels	2 ice axes
2 pairs of crampons	2 avalanche probes
2 avalanche transceivers	
2 pairs of snowshoes	
	contact Cal Francis to use: <a href="mailto:calfrancis@gmail.com">calfrancis@gmail.com</a>

**Note:** All equipment must be returned in the same condition as borrowed or repaired appropriately. The equipment is being examined to determine its state of repair and will be reviewed by the Board of Directors as to what should be retained, scrapped or sold.

### 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
President:	Christine Camilleri	<a href="mailto:4christinecamilleri@gmail.com">4christinecamilleri@gmail.com</a>
Vice President:		
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For trips and announcements to be forwarded to all		
Note: also you can post in members:	Facebook: Chilliwack	
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