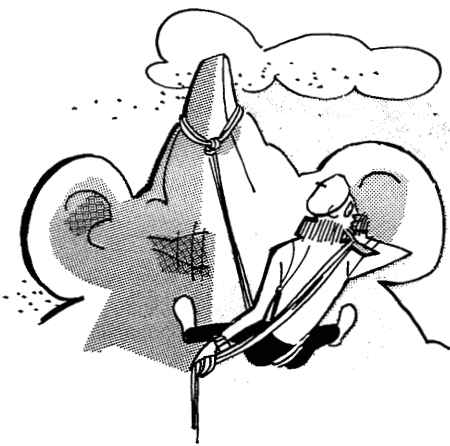


Mountain Ear

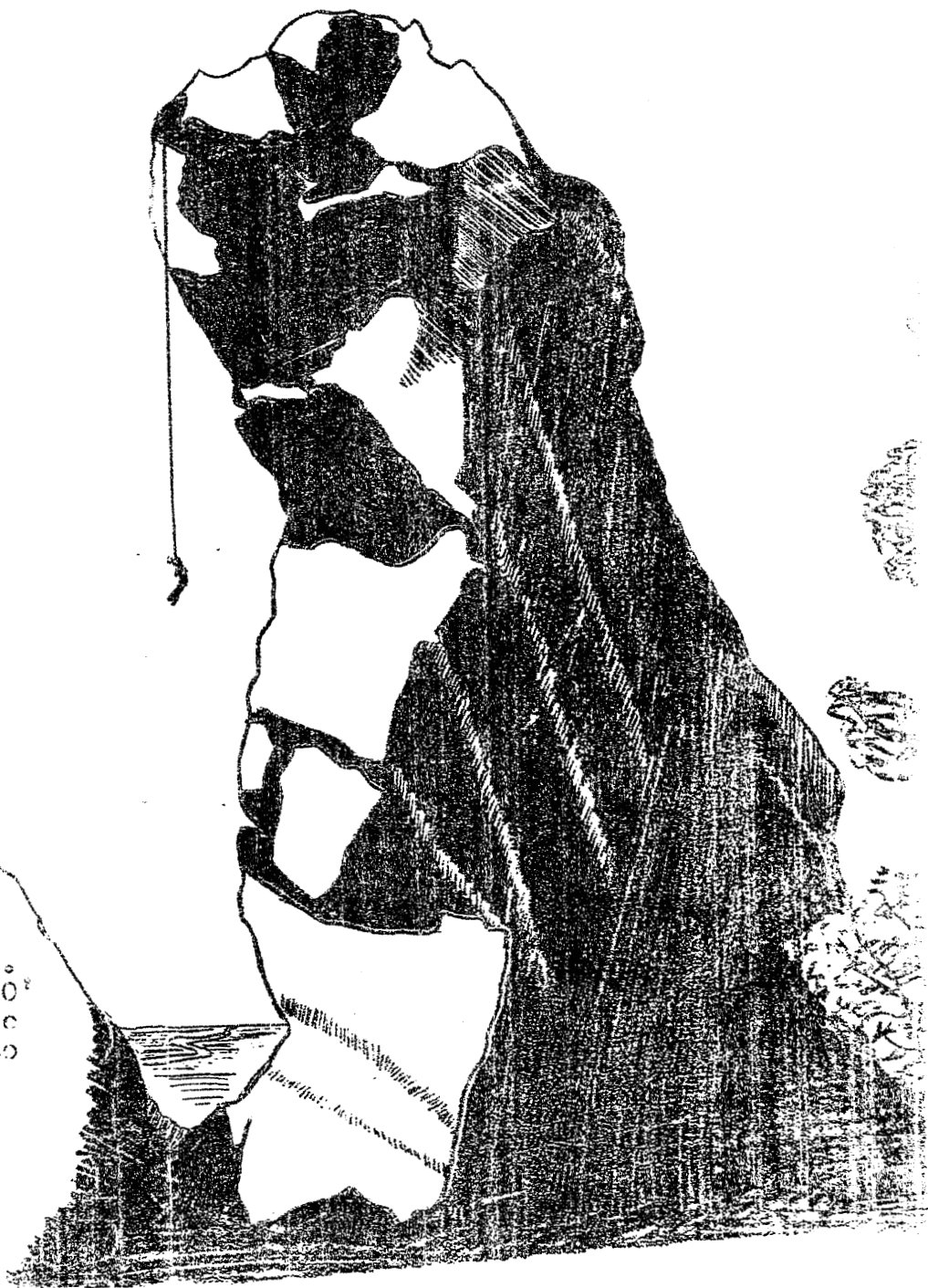
MONTHLY NEWSLETTER OF THE ROCKY MOUNTAINEERS

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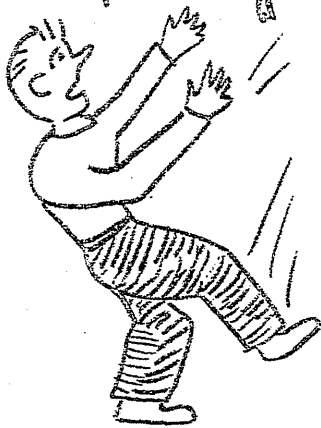


The rock is the famous
Mitten near Boulder, Colo.
The climber enjoying a 110'
rappel wants to be sure he
has enough rope. Thanks to
Holubar's latest catalog.



It is important for the climber to learn and use the proper signals.

OFF
RAPPEL!



UP
ROPE!



BELAY
OFF!



ROCK!



Thanks To
Herb Conn

LIGHTNING

1. Whenever there is danger of a lightning strike, take immediate protective measures. Even if the long-sought summit is only a few minutes away, forget it! Violation of this basic rule has been the cause of many lightning accidents.

2. Danger signs which require immediate protective measures:-

- a. Thunder and lightning within several miles, especially if the storm is moving towards you.
- b. "Corona" effects (at night these produce glowing lights, especially at the tips of objects, called "St. Elmo's fire") -- buzzing sounds (similar to a sparkplug shorting out) between nearby boulders and rocks; hair standing on end; 'cobwebs' on your face which won't brush away; crackling sounds around your head; sparks jumping between objects such as your fingers; faint sounds similar to bullets ricocheting off nearby rocks.

3. Warning signs, which tell you to stay off the mountain, or, if already on it, to be ready to beat a hasty retreat:-

- a. Distant thunder and lightning storms.
- b. Stormy weather without thunder or lightning.

Note:- Rarely lightning will strike from a nearly clear sky, or corona effects will be produced with little or no warning (such as stormy weather). If this occurs, take the regular protective measures until the disturbance is past.

4. Protective measures -- a direct strike will be fatal, so you must reduce your exposure to such strikes. In addition, however, a nearby strike can be fatal or can produce very serious injuries as a result of the current flowing through the ground away from the strike, so you must also take measures to protect yourself from these currents flowing through the ground.

- a. If possible, get off of any prominence such as a peak or ridge. If you get well off, are not the sole projecting object in a large open area (if caught here, huddle down to make yourself as small as possible), and are not next to a 'lightning rod', such as a prominent tree, you're probably safe.
- b. 'Lightning rod' protection -- a prominent cliff or tree, at least 50' higher than any surrounding objects, will attract the lightning to its high point and provide a zone of safety near its base. Stay in a zone not closer than 4-6' nor more than a distance equal to its height from the base.
- c. Except for very large caves, do not get into a cave or space between the rocks as the current may jump the gap catching you (several climbers have been killed this way).
- d. Do not stay on or near an earth filled or damp crevice, especially one leading upwards, as it will serve as a conductor.
- e. As a calculated gamble it may be safer, or less dangerous, to rappel off of a high point. A free rappel would be safest. If necessary to touch the rock, do so a little as possible, keeping feet close together, and avoiding touching it with your hands or upper portion of the body.
- f. After reaching the safest place, assume a squatting position with feet together and no other portion of your body (including hands) touching the surface or any possible conductor; or sit with knees drawn up and again with no other portion of the body touching the surface. Stand or sit on any available insulating material -- rope, clothes, poncho, vegetation, pack (a metal pack frame placed in contact with the ground with you on top of the pack or other insulating material will provide considerable safety).
- g. If on a cliff from which you might fall, you should tie in. Preferably each man on a separate rope and anchor. Rope length from anchor to you should be short. Rope should lie across the slope rather than up and down. Tie rope to your ankle (probably safest) or waist, not around your chest, and don't touch the rope with your hands or other portions of the upper body.
- h. Keep your ice axe, contrary to popular opinion -- it will not appreciably affect the lightning effects and it may be invaluable later on.

5. First Aid:- Many victims are rendered unconscious, they may stop breathing, their heart may stop, and they may become quite rigid, but don't give up!
 - a. Check immediately for breathing and heart action. If not breathing, administer artificial respiration. If the heart has stopped (check very carefully before proceeding), use closed chest heart massage combined with mouth-to-mouth respiration.
 - b. Do not mistake the rigidity due to electric shock with the rigor mortis of death (which doesn't set in for a number of hours). This rigidity is harmless and will pass away if you manage to revive the victim.
 - c. When the heart and breathing action are restored, then proceed with first aid for shock and other injuries, and start planning the evacuation requirements.
6. Reference:- 1962 A.A.C. Journal has an excellent article on bibliography, titled, "Lightning Hazards to Mountaineers".

-- G. B. Miller

MAY 30, 1962, CANYON PEAK RECONNAISSANCE, BITTERROOTS

In the original Missoula Mountaineers' scrapbook (MSU Library) is a description of their trip to Canyon Peak in the Bitterroot Mountains directly west of Hamilton, Mont. The peak, and it really is one, lies at the head of Canyon Creek and rises to 9100'. The scrapbook article describes the route as leading from dam of the Middle Canyon Lake up a NE ridge to the N ridge, thence south to the peak. The last 75 yds. are considered a knife edge of firm granite. This mountain "requires unusual skill even under ideal conditions, probably the most difficult mountain in the Bitterroot Range."

The first known climb was in October, 1932, by Lynn Ambrose, Prof. E. M. Little, and Prof. Hampton K. Snell. The second climb, by Robert Rutherford, Michael Clapp, Clifford Walker, and Prof. Snell, was September 30, 1934.

With this information, several members of the present club went on several reconnoitering trips to this area, culminating in the ascent on June 27, 1962, by Sam Braxton and Pete MacLachlan.

On May 30, 1962, a small group took a day hike up Canyon Creek without beforehand knowledge of trail or access.--Two Braxtons, Dave Line, Dan Zirker and V. Vincent. At the apparent end of Canyon Creek Road, we were confronted by "No Trespassing" signs and an unlocked chain gate at Grant Pratt's Canyon Creek Ranch. The road leads directly to their house, thence through the barnyard for $\frac{1}{4}$ mi. to the trail (there is a trail blaze on a big yellow pine), which leaves the road just where the latter turns up the ridge at almost a right angle, becoming a jeep road for an unknown distance. The above road and trail into was learned upon our descent that day.

As it was, Mrs. Pratt had asked us to park outside the gate on the county road, indicating that they did not care to provide access via their property. From their gate, we sidehilled into the mouth of the canyon below their pasture and about 50 yds. above the creek until reaching the trail, 9:35 am.

The trail is on the north side of the canyon and is well-marked and maintained to a point by the Forest Service because of the "spill gates" on the Canyon Lakes. On this date there was about a dozen windfalls, some trailside brush and consolidated snow patches on the upper reaches of the canyon trail.

We climbed rather abruptly for an hour and then stopped on an "observation rock" with a view of both sides of the canyon, but Canyon Peak cannot be seen from this point. After climbing for another 2.5 hrs. over a winding, up and down trail, our party stopped just off the trail, which had just begun to climb up the north rim of the canyon to by-pass the falls which spill over the headwall below the lakes for about 500'. A good view of the fall and headwall can be had from this point, but not of Canyon Peak, which is still hidden by the headwall below the lakes. From this point two of us made a speedy $\frac{1}{2}$ -hr. climb up the "hard rock" boulder and slab headwall to the outlet of Lower Canyon Lake. Here at last was Canyon Peak in its beautiful setting above the lakes. It is a very interesting-looking "hard rock" mountain with a good access trail and lake-side campsite with plenty of firewood.

For hot weather hiking, water might be carried along the trail as it is not directly along the creek. However, much of the canyon portion of the trail is shaded,

partially.

Time up to Lower Canyon Lake was 4 hrs., down 2.5 hrs.

Distance from Hwy. 93 in Hamilton to Pratt's Canyon Creek Ranch is 3.5 mi. via Adirendac St. and the old red bridge.

Flowers blooming at lower elev.: lupine, penstemon, arnica and balsamorhiza.

JULY 14, 1962, LAPPI LAKE RECONNAISSANCE, BITTERROOTS

Drive approximately 20 miles south of Missoula on Highway 93, about 4 miles south of Florence, to Bass Creek turn-off (sign here). Then west up Bass Creek road past Charles Waters Memorial Park (picnic area) to a fork in the road. Here a sign reads: Bass Creek Rd. and Bass Lake - 8 miles to the left and Larry Creek Rd. and the St. Joseph Peak Trail (which is non-existent) to the right. A mile or so after you pass this sign you come to a gate across the road marking the beginning of the primitive area. (Leave larger cars at canyon's mouth). It is about 3 miles and 2 hours to the Lappi Lake (at 7000 ft.)--turn off not marked.

Sawtooth Ridge, with Sawtooth Peak highest point (named by Montana Mountaineers) is to the south with its many spires and Little St. Joe is to the north with its smooth as well as ledge type cliffs and rocky points.

From the primitive area boundary to some good spire climbing on Sawtooth Ridge is only 1½ hours up an old road past dam and pond and across stream. A slide rock area comes right to the road-trail so no bushwacking is involved. This area is just before you cross Bass Creek the second time.

Shortly after the crossing of Bass Creek the second time you come to a large avalanche path now grown brushy. Across Bass Creek to the south you can now see the Lappi Lake headwall and cascades. The trail shown on the map goes up the outlet stream on the west side but has not been used for at least 10 years and is very brushy, etc. The best route is to go to the west side of the avalanche path on the road-trail, cross a small stream coming down off St. Joseph Peak, and here drop down off the road-trail through a hundred yards or so of brush and hit a slide-rock field which comes almost to Bass Creek. Traverse slightly upward and to the east under the headwall on this slide-rock field till you hit the edge of the cascade and from here switchback up the main headwall till you arrive at Lappi Lake (7000 ft. plus or minus). There is an old cabin on the lake which with a little work could be made usable.

From this base camp climbs to the Sawtooth Ridge Peaks and Kootenai Peaks could be made.

Time in to Lappi Lake - 3 to 4 hrs. Making this trip, Dave Line, Peter Flaccus, Sam and Shirl Braxton.

JULY 16, 1962, CLIMB OF CROWN POINT (8400') IN THE BITTERROOTS

Leave Highway 93 at the Bass Creek turn off, follow it west and then turn south at the cattle guard. Continue south for about a mile and turn west at the first opportunity (old Bass School House on SE corner of this road crossing).

Follow to road's end where old Forest Service sign reads Bass Ridge Trail 114 - Crown Point 5 miles, although trail has been abandoned. Park car here and follow East-West fence line from this point to base of ridge. Make steep climb directly west to apex of ridge.

The trail was on the north side of the small drainage rather than the south as shown on the Forest Service map. Bushwhack through brush and windfall to summit of Crown Point. Crown Point is the highest (and easternmost) knob of the crags lining the south rim of Bass Creek Canyon. Except when going around these knobs where there is some exposure, it is simply a good day's hike. Water available at several points this time of year but in late August questionable.

On top the view of the Heavenly Twins, St. Mary Peak, Ranger Peak, Bass Peak and Lake, Kootenai Peaks, St. Joseph Peak and Little St. Joseph, and other unnamed peaks is spectacular--and well worth the long pull up.

Time up, 5 hrs. and time down, 3 hrs. Class II.

Flowers, low to high elev.

Low elev.

fleabane
lupine
gaillardia
onion
- harebell
penstemon (blue)

med. elev.

Mtn. spray
arnica
pyrola (2 kinds)

high elev.

Shooting star (wet
ground species)
red heather
spring beauty
penstemon (lavendar)
grouseberry

-- Virginia Vincent

JULY 25, 1962, THREE SISTERS, SOUTHEAST OF BANFF, ALBERTA, CANADA

Described in "Climber's Guide to the Rocky Mountains of Canada". In the Kananaskis Group, east of the Spray River. The three summits dominating the skyline south of Canmore, on the Trans-Canadian Highway, are the Northeast (8840'), Central (9285'), and Southwest (9734'). The upper portions are composed of massive, mildly fractured limestone layers forming imposing cliffs on the northeast (as seen from Canmore) and steeply sloping slabs on the southwest. Climbing is not technically difficult, though it is well to have a rappel rope available as we learned. Formerly the best route was to ascend from the Canmore side, but there is now a road (dirt, rough, and slow) from Canmore into the Spray Reservoir (this is also the easiest approach to Mt. Assiniboine far to the southwest) which puts you right at the base of the Southwest Sister at the Spray Reservoir Dam on the southwest side and about 1,000' higher (more or less 5500') than Canmore.

These mountains are in a government 'Forest Preserve' (similar to the U. S. National Forest). All forest users must obtain a travel permit from a ranger station. For trips of not over three days, in the Spray Reservoir area, you are allowed to fill out your own permit at a booth next to the road near the dam. For longer trips, your permit must be signed by a Ranger--during weekends there's a ranger at the ranger station near the dam, while on weekdays you'll have to go to the ranger station near Canmore--as a ranger may not be immediately available, you should allow several hours time for getting the permit.

Mr. M. B. Morrow of Missoula, formerly manager of the coal mines at Canmore, made the first known ascent of the Central Sister, in 1921. Our trip, June 29, 30, and July 1, 1962, was made at his suggestion. This region is every bit as spectacular as Mr. Morrow had told us it is.

Ken Gerber and Gardner Miller left Missoula at 4:30 a.m., June 29, picked up Tom Choate and Ron Berg at Glacier Park about noon, and arrived at Calgary in the late afternoon, where we had dinner with Mr. and Mrs. Tom Moffat, Canadian Alpine Club members. Mr. Moffat's father made the first known ascent of the Northeast Sister in 1925 and was a close friend of Mr. Morrow's.

We camped next to the Spray Reservoir Dam about midnight, all slept in the car as rain was threatening. The next morning Choate and Berg started towards the Southwest Sister at about 6:00 a.m. via a large, steep, scree-filled valley on the southeast side, while Miller and Gerber started towards the Central Sister shortly later intending to traverse around the Southwest Sister on the opposite, or northwest side.

Choate and Berg, after 4-5 hours of pretty steep scrambling up the scree and later up slabs, attained the summit of the Southwest Sister. The last record of a climb which they could find was in 1960. While on top a thunderstorm built up and they had to retreat at a painfully slow pace for lack of a rappel rope--besides the usual hair-standing-on-end and buzzing sounds, the static electricity made a peculiar noise slightly like ricocheting bullets all around them. As it appeared fastest, they came down the northwest side, where they met Gerber and Miller about mid-afternoon.

Gerber and Miller left the dam area climbing and traversing to the left, or northwesterly, around the side of the Southwest Sister, scrambling over steep slabs for the most part with an increasing number of small cliffs. By late morning it was apparent

Protein Cookies
(A meal in themselves)

Add in order:

1 Cup brown sugar (don't pack)
2 C molasses
3 eggs
1 t. soda in a little hot
water
1 pkg. raisins or 2 C.
1½ lbs. seeded dates
Spices as desired, 1 t. cinnamon,
½ t. each nutmeg & allspice
3 C. wheat germ
2 C. nut meats
1 C. butter
1 C. soy bean flour

Let stand 10 min., add mor flour
to make a stiff batter; bake in
moderate oven (275°) in the form
of small round balls on a cookie
sheet. Should be hard but not
crumbly.

Vitamin Drinks

Mix powdered brewer's yeast with either Tang, lemonade mix, or liquid Jello.

Logan Bread

To one qt. water add: 4 lbs whole wheat flour
12 oz. (1½ cups) melted shortening
12 oz. sugar (1½ C)
1 lb. honey (1½ C.)
1 lb. blackstrap molasses (1½ C)
4 oz. powdered milk (½ C.)
1 tsp. salt
2 tsp. baking powder

Bake at 300° for 1 hour, dry out well for several hrs. at low heat with oven
open.

If desired, nuts can be added to the above recipe. Logan bread when done, should be as
hard as rock (igneous), dry and light.

One piece about 2" x 3" x 3/4" per man per day.

Breakfast Omelet for one

Heat ½ C water to boil. Add 1 T. dried tomatoes and 1 T. dried onions. Cook
about 5 min. Drain off hot liquid and add 3/4 C. cool water. Stir in 4 T.
powdered eggs and 1 oz grated cheese. Cook slowly. When thick, omelet is ready.
Takes about 10 min. to prepare.

Spanish Rice for Four

At home: Package in a plastic bag ½ oz. dried ~~tomatoes~~ tomatoes, rolled fine with
with a rolling pin. Add 1 t. salt, 1 T. sugar, 1 t. chili powder & 1 2/3 C.
Minute Rice.

In camp: Add 5 C. cold water & simmer 5 min. Add 2 oz. cheese & any meat you
might have. Keep hot 15 min. covered tightly.

that this was the wrong route as we were getting tangled up with some sizeable cliffs now while 1,000' below came into view a perfect route up a side valley (comes into the Spray River several miles downstream, or northwest, from the dam). So we stopped for lunch in the thunderstorm (we were well away from any lightning danger). Not long after the storm passed we spotted Choate and Berg in the side valley below so we dropped on down and the four of us rested beside the small stream for an hour or so before returning to camp. Gerber and Miller, also, would have liked to have had a rappel rope with them.

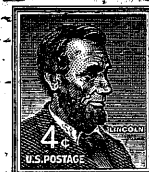
That evening we spent a very pleasant several hours with the forest ranger and his wife at the ranger station nearby--apparently there is very little climbing being done in this area, according to the ranger. The following day, July 1, we returned to the 'States', all vowing stoutly that we'd go back again to the Canadian Rockies!

THREE SISTERS:

Late in the afternoon of July 25, Mary and Gardner Miller camped at Spray Reservoir. Up early the next morning and started up the drainage on the northwest side of Three Sisters at 5:30 a.m. Walked up ridge Miller and Gerber had come down a month earlier, and beyond their high point we followed ledges upward for perhaps 1,000' vertically. These ledges are dipping downhill at 20-30°, composed of smooth limestone slabs and covered with unstable rubble which made for slow and exhausting going. About two-thirds of way up mountain, we scrambled up broken cliffs to the prominent southwest ridge to avoid more of this rubble. Followed ridge upwards, easy going but we were exhausted, to a cairn, visible from the reservoir below, on a 'bump' on the ridge (ahead were two prominent and large gendarmes, also visible from the reservoir). Arrived at cairn at about 2:00 p.m.--at this point we were about 200' vertically and about one-fourth mile horizontally from the main top; but a combination of fatigue, threatening rain showers, and late hour forced us to reluctantly turn back about 2:30 p.m. From this point we obtained the most breathtaking mountain view that either of us has ever seen--we're sure that it far exceeds anything in the U.S. or in the Alps! At the cairn we found several cans which had apparently been left by Choate and Berg a month before. For the most part we followed this main ridge back to the base near the road, which we reached by flashlight at about 1:00 a.m. July 27, totally exhausted.

It appears that the proper route up the Southwest Sister of the Three Sisters is to follow this main southwest ridge all the way from the base to the top, except that just beyond the cairn we reached you must descend a small (25-50') cliff on the north, or left hand side, in order to reach a rubble and snow covered ledge which leads you around the base of the two large gendarmes, thence on a short distance to the top. Under good conditions this is all non-technical climbing, but the descent is quite slow due to the unstable footing on the steep (up to 35-40°) smooth slabs often covered with very loose rubble--Choate and the two Millers wore out their pants seats coming down! Loose rock, or rubble, is a serious hazard so only small parties should climb here (Mary and I accidentally rolled thousands of rocks down the mountain!). In addition, should it rain or snow a rope would be absolutely required to make the descent--we would have used our rope, even though it was dry, if Mary had been trained in how to use it, as using it as a 'hand line' on the descent would have made the trip down much easier. In addition, you should at least have ice axes if there is any snow on the route--on this trip we could avoid the little remaining snow--especially on the ledge bypassing the two gendarmes near the top.

2100 So. Ave W
Missoula, Mont.



Dave Line

Rt 3

Missoula, Mont.