



Friends of Cypress Provincial Park Society

P.O. Box 91053, West Vancouver, B.C. V7V 3N3

www.cypresspark.ca

SUMMER 2019 NEWSLETTER

April 3, 2019 FCPP AGM Report

The AGM was held in the Potlatch Room in North Vancouver's Capilano Library. Forty-five members attended to hear a fascinating and engaging presentation by Paul Kroeger, local and internationally celebrated mushroom expert on Death Cap Mushrooms in BC. With Powerpoint images, directors and members reported on the year's projects and activities. Copies of the Directors' and Treasurer's reports were provided to attendees and are available on request. Alex Wallace, Anne George, Anne Leathem and Irene Miller were re-elected as President, Vice-President, Secretary and Treasurer, respectively. David Cook, Lyn Grants, Bill Kinkaid, and Eva Nagy were re-elected as Directors-at-Large and Gail Ross was elected as a new Director at Large. Gail Ross has an extensive background in parks and outdoor education. She was welcomed as a new Director. Mike Castle was thanked for his ongoing support.

BC Parks News

- Scott Donker, Area Supervisor for BC Parks South Coast Region, will be returning from paternity leave on June 18, 2019.
- David Whiteside has been Acting Area Supervisor during Scott's absence.
- The Ranger team currently is Simon Debisschop, Erin Rutherford, Gareth Wheatley and Eryk Chamberland. The Ranger Team attends annual training from June 3 to 7.

The Student Ranger Program

Introduced by BC Parks in 2018, the Student Ranger Program will continue for the 2019 season. Twelve crews of four student rangers will work in regions throughout the province, including the South Coast region. The four Student Rangers for the South Coast Section will be based out of North Vancouver (BC Parks Office at Seymour Provincial Park), but will be moving around the South Coast section to work at the following park locations: Pinecone Burke, Golden Ears, Chilliwack Lake and Cultus Lake Provincial Parks, as well as at Cypress and Seymour.

Funding for the program comes from the BC Parks Licence Plate Program and a 50% wage - match from the Federal Government's Summer Work Experience-Green Jobs in Green Spaces Work Experience Program, with support from Project Learning Tree Canada and Canadian Parks Council.

Cypress Mountain Resort News

Russel Chamberlain, President and General Manager of Cypress Mountain Resort (CMR), has sent the following information about Cypress Mountain's operations during the summer.

- The Crazy Raven Bar and Grill will be open during the summer from 11:00 am to 6:00 pm.
- The washrooms in Cypress Creek Lodge will not be open.
- Notices will direct hikers to the washrooms at Black Mountain Lodge. The washrooms will be open and well maintained.
- Annual chairlift maintenance has begun with trail work to start in August.
- Work on parking lot 3A is underway, finishing the work started at the end of the 2018 season.
- Snow making extension on Upper Horizon as per approved route (waiting internal approval).
- Julia Toren replaced Jenn Dickie as Nordic Area Manager as of May 13, 2019.
- **It is unlikely that Hollyburn Lodge will open during the summer.**

2019 Trail Projects

Lost Lake Trail: North Shore Wetland partners Paul Berlinguette and Fiona Wright, who have worked on the Lost Lake Trail for many years, will work with the Ranger team who have advised that they are planning to address board walk repairs in the Lost Lake area July 11-15.

Howe Sound Crest Trail: David Whiteside, Auxiliary Assistant Ranger, has advised that HSCT upgrade project is to start before the fall this year to get a longer working season in with the additional \$20,000, donated by FCPP, which is much appreciated! Also, the next section to be worked, re-routes around the existing trail. That should result in faster trail building progress as trail builders will not need to stop work to allow for the passage of hikers on the trail.

Baden-Powell Black Mountain Trail to Eagle Bluff: Parks has informed FCPP that they will touch base with President Alex Wallace to identify the next highest priority and reasonable goal for the summer/fall season. As reported previously, FCPP has donated \$40,000 to the Park Enhancement Fund, designated specifically for improvements to this extremely popular high use trail. The work done by the student rangers last year on reroutes around steep granite rock slopes did not draw upon those funds.

Trail Watch Program

FCPP has maintained a Trail Watch program since 2007 to assist BC Parks by checking authorized trails at the beginning of the hiking season. Throughout the season Trail Watchers undertake minor trail work, report on major work that needs to be done, prune branches and bushes causing obstruction, report on damaged or missing signs, and pick up garbage. At our recent AGM, (April 2019), Trail Watchers who have served for 5 years were presented with a BC Parks Volunteer pin by Anne Leathem, Trail Watch Coordinator.

The spring Trail Watch Meeting for this season takes place at the BC Parks office at 1610 Mt Seymour Road at 7:30 p.m. on Tuesday June 18. Senior Ranger Erin Rutherford will review the Guidelines and Safety Rules and Trail Watchers will sign up for the insurance coverage for working in the park. Anne Leathem, coordinator, invites anyone interested to attend the meeting to better understand what the Trail Watch programs involves. She thanks all those who already participate in the Trail Watch Program.

Cypress Invasive Plant Management Strategy

Joanna Hirner, BC Parks Conservation Specialist for the South Coast Region, forwarded information about invasive plant management plans for Cypress Provincial Park this year subject to capacity to implement them and prioritizing other work:

- Work with the ski area on increased awareness regarding invasive plants, in particular prevention and best management practices. Specific training on this topic for ski area staff is something we would like to implement.
- Communication: Training for volunteers was identified as a priority and we partnered with the District of West Vancouver on an invasive plant training session to help accomplish this recommendation. As noted above, training for ski area staff is another priority we would like to pursue. Generally we would also like to improve communication with park stakeholders about invasive plant work planned and implemented in the park.
- Inventory and control: Reed canary grass will continue to be a priority this year. We intend to continue the same type of inventory and control work as done by Echo Ecological last year, which consisted of identifying and removing smaller infestations in sensitive areas, and control work of larger infestations in priority areas (e.g. Cypress Creek wetlands and trailhead areas). This will also include monitoring and evaluating the success of control through cover/mulching that Echo Ecological tried at some of the trailheads last year. Echo Ecological also made some recommendations regarding public education and awareness that we are considering implementing. We will also continue inventory and control work for high priority species such as giant hogweed and knotweed.

Summer Walks and Hikes - co-sponsored with Nature Vancouver

We hope you will be able to join us on several of the Cypress Provincial Park walks and hikes listed below. All the leaders are both FCPP and Nature Vancouver members and are very familiar with the park.

Hikes are based on the Nature Vancouver Difficulty Rating System:

- A. *Easy: easy path or road with minimal elevation change and minimal hazards.*
- B. *Moderate: trail with possible rocks, roots or other hazards. Moderate gradient, occasional steep but short sections. Up to 100 m elevation change*
- C. *Strenuous: moderately steep gradient. 100 m to 500 m elevation change.*
- D. *Very Strenuous: constant steep gradient. 500 m to 1,000 m elevation change.*

What the number in the rating means:

The expected duration is then added to the letter category to obtain a combined letter/figure rating

Example: a "C-6" hike will be a C (strenuous) hike, as described above, with an estimated time on the trail of 6 hours.

Participants will be asked to sign Nature Vancouver's Release of Liability, Waiver of Claims, Assumption of Risks & Indemnity Agreement.

Dress for changing mountain weather. Wear sturdy boots. Bring adequate water and food.

June 8 (Saturday) Millstream to Gentian Lake (From West Vancouver Upper Lands into Cypress Provincial Park).

Leader: Lyn Grants. Difficulty rating: Strenuous C5; 6 hrs; 9 km., 450 m.elev. gain.

This hike begins in the Upper Lands of West Vancouver, follows the Baden-Powell trail as it leads into Cypress Provincial Park and to Blue Gentian Lake. Meet at the corner of Millstream Rd and Eyremont Drive, West Vancouver at 9:00 AM. Register with Lyn Grants 604 980 9050 or lmgrants@gmail.com

June 9 (Sunday) Old-growth forest ecology along Hollyburn Baden-Powell Trail (East from Cypress Bowl Alpine Ski Area).

Description of trip: Old growth forest ecology and plant ID.

Leader: David Cook. Difficulty Rating: B. Duration: Approximately four hours. Terrain and elevation gain: Moderate, but with several rough/rooty sections. Elevation gain 120 metres. The first creek crossing 0.5 km from the start may be difficult for some in which case they should sign off and return. Length of hike: 4 km roundtrip. Meeting time and place 11:00 AM at Black Mountain Lodge in the Cypress Bowl parking lot (not at the new Cypress Creek Lodge). Because of a need to limit the size of the group and because the event may be rescheduled due to weather

Registration is required. Contact David Cook at cookeco2@yahoo.com

July 7 (Sunday) Geology of Cypress Provincial Park.

Leader: David Cook Difficulty rating B. Duration: Approximately three to six hours depending on the two scenarios described below. Terrain & elevation gain: We will be hiking up the Collins Ski Run which has a loose, pebbly surface which can be slippery on descent. So deep-tred hiking boots with ankle support and poles are highly recommended. 290 m elevation gain (600 m elevation gain for those continuing on to the first peak of Mt Strachan). Length of hike: 3 or 7 km round-trip depending on choice of routes. Description: A slow hike with many stops to look at the geology along the way. We begin from the parking lot at Cypress Bowl downhill ski area then up the Collins Ski Run to elevation of 1200 metres where there is an area of sub-alpine pasture where we will have lunch. Those wishing to continue to the first summit of Mt Strachan to enjoy the views will sign off and continue from this location. The remainder will return. **Be Prepared:** This could be a full day's hike depending on preferences, so bring lunch, water and prepare for changes in weather. Meeting time and place 11:00 AM at Black Mountain Lodge in the Cypress Bowl parking lot (not at the new Cypress Creek Lodge). **Registration is required.** Contact David Cook at cookeco2@yahoo.com

July 11 (Thursday) Wildflower Walk Yew Lake

Join Eva Nagy and Elise Roberts. Elise is a member of Elders Council for Parks in BC Society. (The Elders Council for Parks in BC Society Outreach Coordinator Elise Roberts has been partnering with the FCPP for 4 years organizing nature walks, wildflower photography walks and more). This will be a slow, quiet walk rain or shine; trail is a flat well kept gravel; participants must be able to walk for 2 hours, rest stop at about noon at the second picnic table; good footwear; bring water. Meet at 11:00 AM at Cypress Creek Lodge at the top of the parking lot. Use washrooms available at Black Mountain Lodge before going up to Cypress Creek Lodge. **Registration is required.** Contact 604 986 4892; or email:elderscouncilforparks@gmail.com

July 13 (Saturday) Yew Lake Area Botany Walk.

Join Eva Nagy and Anne George, FCPP directors, for an exploration of the Yew Lake area. At this unique sub-alpine level on the North Shore Mountains, both low and high elevation plant species can be found growing side by side, resulting in a rich and interesting botany walk. The 2.5 km mostly level Yew Lake Trail passes through meadows and wetlands and the Old-Growth Loop is in a true old-growth forest. Focus will be on plant ID and in recording of what's in bloom. Meet at 10:00 AM at Cypress Creek Lodge at the top of the Parking lot. Use washrooms at Black Mtn Lodge before going up to Cypress Creek Lodge. **Please register with Eva at 604-929-4286 or evnagy@shaw.ca**
Contact Eva If you need a ride up the mountain and she will try to arrange a ride for you.

July 20 (Saturday) Black Mtn. Baden-Powell Trail to Eagle Bluff

Leader: Anne Leathem. Difficulty rating: Strenuous C5: 8.6 km; 5-6 hrs; 490 m elev. gain. Hike up steep B-P trail to Cabin Lake, over Black Mtn., then SW past several small lakes, descending gradually to Eagle Bluff. Views of Georgia Strait and Mt Baker. Carpool from Park & Ride on roof of Park Royal North (west end of roof) at 9:00 AM or meet at 9:30 AM at Black Mtn Lodge. Contact Anne at anneleathem07@gmail.com.

July 27 (Saturday) Yew Lake Area Botany Walk.

Join Eva Nagy and Alex Wallace, FCPP directors, for an exploration of the Yew Lake area. At this unique sub-alpine level on the North Shore Mountains both low and high elevation plant species can be found growing side by side resulting a rich and interesting botany walk. The 2.5 km mostly level Yew Lake Trail passes through meadows and wetlands and the Old-Growth Loop is in a true old-growth forest. Focus will be on plant ID and in recording of what's in bloom. Meet at 10:00 AM.at Cypress Creek Lodge at the top of the Parking lot. Use washrooms at Black Mtn Lodge before going up to Cypress Creek Lodge. **Please register with Eva at 604-929-4286 or evnagy@shaw.ca**
Contact Eva If you need a ride up the mountain and she will try to arrange a ride for you.

August 5 (Monday) BC Day Yew Lake/Bowen Lookout Discovery Walk

Leader: Gail Ross. Difficulty rating B3: 150m elevation gain; 4k. This 4.0 km return hike begins by passing through the Yew Lake meadows, wetlands and old growth forest. We will then do a leisurely 150m climb to the Bowen Lookout - providing great views up Howe Sound. Please bring a snack and water for our stop at the viewpoint. Come and discover some of the fascinating natural and human history of this special provincial park. Meet at 10:00 AM outside Black Mtn. Lodge (not Cypress Creek Lodge) in the Cypress Bowl parking lot. Approximately 3 - 4 hours. Contact Gail at gailross1@telus.net or 604-922-8707 for further information.

August 17 (Saturday) Baden-Powell Trail to Lost Lake.

Leader: Anne Leathem. Difficulty rating: Strenuous C5: 7.6 km; 5 1/2 hrs, 290 m. elev. gain. Return via Gentian and West Lakes. Hiking poles recommended, may be muddy patches. Carpool from Park&Ride on roof of Park Royal North (west end of roof) at 9:00 a.m. or meet at Hollyburn Nordic Area BC Parks Kiosk at 9:30 AM. Contact Anne at anneleathem07@gmail.com

August 21 (Wednesday) Four Lakes Loop includes First Lake, Blue Gentian Lake, Lost Lake and West Lake

Leader: Kitty Castle. Difficulty rating C5: 300m elev.gain; 8km. Moderate elevation gain with botany stops. Allow 4 to 5 hours. Meet at Hollyburn Nordic Area BC Parks kiosk at 10 AM. Let Kitty know if you need a ride up the mountain. Please register with Kitty at kcas139@gmail.com or call 604-980-9464 for further information.

August 30 (Friday) Hollyburn Mountain Trail (to Peak). Leader: Lyn Grants. Difficulty rating C5; 5 hrs; 8 km return; 430 m. elevation gain. Meet at Hollyburn Nordic Area BC Parks Kiosk at 10:00 AM. Frequent botany stops. Great views to the Lions and surrounding mountains from the peak. Contact Lyn at 604-980-9050 or at lmgrants@gmail.com for further information.

A few words about the Gentians of Blue Gentian Lake

Some, but not all of the Lakes in Cypress Provincial Park have evocative names: Cougar Lake (a siting?), Lost Lake, (found after having been - lost?), Blue Gentian Lake (why blue? why gentian?)

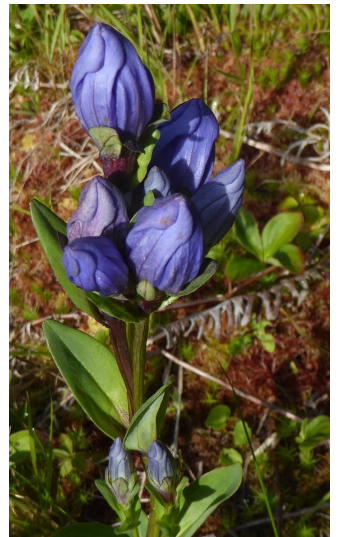
Of course we know the lake takes its name not from the colour of the lake but from the gentian, the plant that flowers blue and beautiful around Blue Gentian Lake and along some of the boggy trails and margins leading into the lake.

But the name gentian? The name comes from an ancient king, King Gentius, the ruler of the kingdom of Illyria in the western Balkan Peninsula from 186-168 BCE. King Gentius was credited by Dioscorides, that great physician, pharmacologist, botanist and writer of the First Century CE, with having discovered medicinal properties of the root of the yellow gentian, *Gentiana lutea*. The root of the yellow gentian is used now, as it has been for centuries, as an ingredient in bitters.

The Gentianaceae is a large family of flowering plants, 87 genera and 1,600 species. Within the park we have one species only, our stunning King Gentian, watched for and welcomed in the late spring and into the fall when we make our journeys to the lake. As befits a king or monarch the King Gentian - *Gentiana sceptrum*, carries a sceptre or staff. Look closely at the lance shaped leaves that stand upright on the stem - the sceptre, the monarch's sign of office.

The tight flowerhead of the King Gentian rarely seems to open, yet pollination from moths, bees hummingbirds, and butterflies must occur. Dry fruits and seeds are spread by the wind. With luck, if the habitat is not too disturbed, the plant will spread.

Take notice of where you see *Gentiana spectrum*. Is it more wide spread than formerly?



Lesley Bohm Botanical Artist



What better way to start an article about Lesley Bohm than with two of her paintings, each drawn initially on site and then painted to perfection at home. The one on the left is the King Gentian in its late spring, summer glory. The second, a gentian still in full bloom, caught in an early frost.

We recognize these King Gentian, *Gentiana sceptrum*, as the signature flower of Cypress Provincial Park's Gentian Lake.

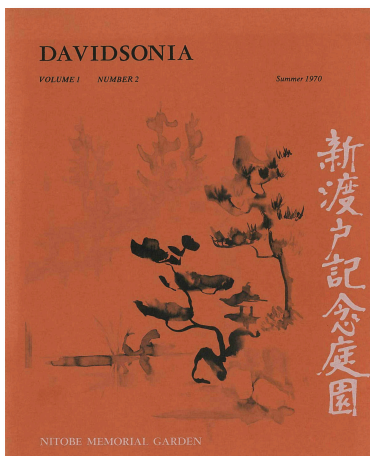
Over the years Lesley has sketched, drawn and painted

countless images of Cypress Provincial Park's abundant flowers, and her drawings are recognizable in many of Friends of Cypress' pamphlets and publications.



Born and raised in Montreal, Lesley has lived in Vancouver since 1966 when she moved here with her husband Bruce and two small children. They arrived just in time, Lesley reminded me, to add their voices to vociferous opposition to the clearcutting of portions of Black and Strachan Mountains in the interests of a commercial ski development.

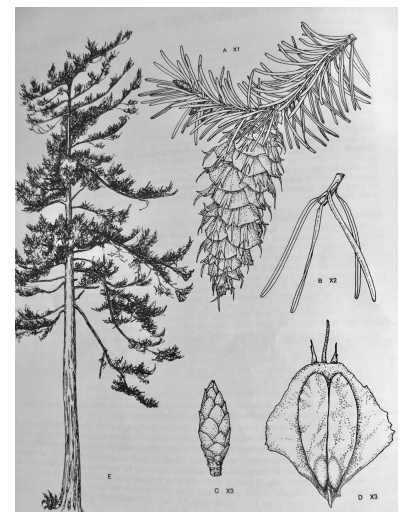
Four years after she arrived in Vancouver she was asked by Dr. Roy A. Taylor, Director at that time of the Botanical Garden, to provide pen and ink wash illustrations for *Davidsonia*, a new scientific journal of botanical garden science to be published by the University of British Columbia.



Lesley was eminently qualified. She had trained at Study, a girl's private school in Montreal with Ethel Seath, prominent in the Montreal art world of that time. She took matriculation exams under Arthur Lismer at Montreal Art Gallery. She graduated with an Honours B.Sc degree in botany from McGill University. Lesley credits Dr Darneley Gibbs at McGill for getting her started as a botanical artist. He required the taxonomy class to spend 4 hours every Saturday morning drawing plants- one family at a time.

And it was at McGill where Lesley met her husband Bruce Bohm, Professor of Botany in the Science Department.

For the 11 years of the journal's publication, Lesley was the botanical artist and illustrator.



Her work appeared on the front and back covers and accompanied, with scientific accuracy, articles on species, such as, above, the Douglas Fir (*Pseudotsuga menziesii*).

The journal ceased publication in 1981, to be “regenerated” as a digital journal in 2002. Fortunately, the volumes from 1970 to 1981 are currently being made available digitally.

Lesley did her work for Davidsonia at home, working while the children were at school. She was also determinedly getting to know the local mountains and developing the ski skills necessary to carry her to the



back country. Those who have skied with Lesley comment on the grace and skill of her skiing -both downhill and back country. And she bikes and hikes -and swims, quite frequently throughout the winter as well as summer.

Not long after her arrival in Vancouver Lesley joined the North Shore Hikers and the Alpine Club. She became active in the Federation of Mountain Clubs. She has also been a long time member of Nature Vancouver. With friends from the North Shore Hikers Lesley has rented cabins in the high back country for wilderness skiing. Even in the cold Lesley will sketch, rapidly catching the shape of mountain, the pattern of a tree against the snow.

Summer wilderness camps with Nature Vancouver or with friends provide opportunities for strenuous hiking but also for quiet contemplation of magnificent scenery, and for detailed botanizing. Lesley’s concentrated, quiet observation of scenery, her botanical focus and expertise, acts as a reminder to others to look with attention at the landscape, to botanize, to learn something more about our natural surroundings.



Lesley celebrated the creation of Cypress as a Provincial Park in 1970, she supported the ski-in to protest restricted access to backcountry recreational skiing, she was closely involved in the campaign against the 1990’s Cypress ski area expansion, which included the gondola and mountaintop restaurant on Mount Strachan, and then as President of the Federation of Mountain Clubs, she assisted with the supervision of a construction crew to develop a wheelchair accessible trail around Yew Lake.

Many of us have forgotten the excitement that attended the completion of this wheelchair accessible trail providing access to the botanically rich Yew Lake area. In 1993 the Federation had applied to Employment and Immigration about funding from the Canada Job Strategy Program for the building of a wheelchair accessible trail around Yew Lake. The funds would pay for labour costs of workers who were at that time Unemployment Insurance recipients. The proposed trail plan was accepted.

Friends of Cypress Provincial Park contributed funds to the project as did Wildwood Canada, Coast Mountain Co-op (which morphed into MEC), the Ministry of Parks, and Cypress Bowl Recreation.

Lesley recollected that at the time of construction concern was expressed that a gravel trail would not survive in a wetland area. Yet it has survived for 25 seasons with no major maintenance issues. Provincial Park maps identify the trail as barrier free and wheelchair accessible, although the access trail to the trail head would currently pose challenges to wheelchair users.

Passionate about the great outdoors, Lesley brings a wealth of botanical knowledge to her observation of plants, and enriches those who accompany her on her walks and travels. For the last 2 years Lesley has been one of the featured artists on the West of Main Art Walk.

Friends of Cypress Provincial Park Society is fortunate to have Lesley as a supporter, a botanical consultant and friend.