

COMMENTS FROM OUR CHAIRMAN

The past month saw considerable activity within our ranks: clearing of the river bank for park purposes in Golden; litter blitz in the (Yoho) National Park; a public meeting with John Marsh as speaker; a three day small childrens camp; several hikes as part of the summer program; attendance at the conference of Regional directors for regional planning. These may be small steps forward, but the larger tasks waiting for us such as regional planning, pollution in the Columbia Valley and the pushing for recreational rather than heavy industry here cannot be properly attacked unless we break them down into smaller, managable ones. It is good to see so many people interested in these goals, and we are pleased with a steadily increasing membership.

During the next month (July 26 - August 6), we will run a day-care camp at the Pattersons for the town of Golden as sponsored through its recreation director, J. Mahler. The age group is 7 to 12, and the purpose is explicitly to bring young boys and girls into the freedom of the out-of-doors and to practice what we preach. We hope to start something which will carry into future years. The camp, COVANA, will have as its director L.N. Patterson, and we will supply two assistants, Mrs. Grace Penno and Miss Kerrie Neville. Mr. Mahler may also send some of his assistants from Golden. Since we want to let the children have a good time without formal pressure--anything from mountain scrambling to boating will go--we want all the help we can get from any one who wishes to contribute his time for a day or two, or can give us a hand in lending us supplies such as boats, canoes or tools, ropes etc. L.N. Patterson (Box 1521, Golden), Mrs. Penno (344-6588) or Mrs. Schiesser (Bridge Books) will happily discuss your ideas or receive your supplies. Many thanks in advance!

We have many serious tasks ahead, of a long term nature. A lot of them are listed elsewhere in these pages, so if you would like to feel you are doing a little to help rectify our environmental problems, see if some of these tasks might not interest you. Believe it or not, but the world, this part of it anyway, does depend on YOU!

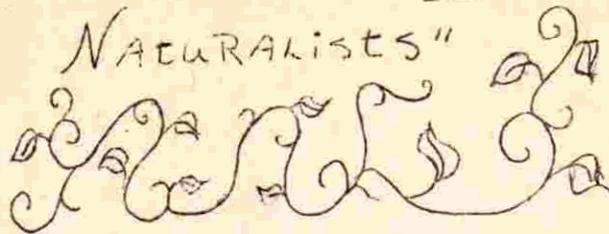
L.N. Patterson

CHILDREN'S CAMP

The three days/two nights children camp was a success. Wednesday morning, July 7, the little campers aged four to seven arrived at the Pattersons on the South Bench. They hiked up to the springs at the foot of Pagliaro Mountain, and turned into monkeys climbing and swinging in the cedar trees. After a short scramble up the base rocks, they returned to their camping spot near our house to enjoy tomato soup, sandwiches and fruit. An hours rest followed. Then the afternoon was spent setting up tents, hunting for wild strawberries and splashing in a pond. The day closed with a fish dinner around their self-made campfire, to the tune of happy songs and stories.

Breakfast was served early around a cosy fire indoors on the second chilly morning. The little group wished another trip up the mountain and soon scrambled up the rocks, climbing all the trees they could lay hold on as they went. The girls returned ahead of the boys who managed to ascend over a thousand feet. Reinforced

"Columbia Valley

NEWS RELEASE - B.C. Forest Service
Victoria, B.C. (July 16)

How many garbage dumps are there in the province? How many are authorized? Where are they?

The Provincial Government is hoping to get answers to these questions so it can consider ways of eliminating these unsightly messes. Concern is also expressed over the large numbers of unsightly car bodies. Resource Minister Ray Williston today announced a concentrated program designed to collect data on such dump areas. Residents throughout the province have been asked to assist by reporting to the Forest Ranger of their area (or Forest Service office) the location of any garbage dumps. To make data collecting effective and practical, it is essential that such reports of garbage dumps, or abandoned car bodies, be quite precise as far as location is concerned.

The proposed clean-up program, Mr. Williston said, would involve Regional Districts, together with the Highways Department, the Dept. of Lands, Forests and Water Resources, including the Pollution Control Branch of the B.C. Government. As a result of this survey it is planned to develop a controlled and regulated pattern of dump areas throughout the province. These would be publicized and clearly marked by signs. INFORMATION DIVISION, B.C. FOREST SERVICE, PARLIAMENT BUILDINGS, VICTORIA, B.C.

(Ed. note: It falls upon every one of us to heed the above and send our collected information to the Forest Service office. Locally it may also be co-ordinated through Chris Schiesser. We hope members will cover their home areas).

"Paper, garbage, broken glass,
Scattered here upon the grass:
Makes a fellow scratch his dome
And wonder what they do at home!"

CAMP (cont'd)

by a waffle lunch and fruit, they paddled the kayak on the pond, tried to reach the clouds on the swing and sawed wood for the evening fire. The second day ended with spaghetti dinner, songs and stories.

After breakfast the last day was made visible by the taking down of the tents. Then another hike in the forest put wild strawberries into little stomachs and the fragrance of nature's own flowers into childhood memories. Imaginary fishing and real dives accompanied happy little kayak rides in the pond again. A tasty sandwich lunch preceded heavy rains, so the afternoon passed rather quietly indoors with painting and playing of games. The children fried their own dinner steaks and munched away at them around the fire while the clouds cleared to let the evening sun out to put a final touch on their rosy cheeks.

The brave campers who dared to stay away from home so long were: Susann Gomez, Tessa Nussli, Marijan Patterson, Kurt Penno, Steven Boyle, Kevin Mielke and Tor Patterson. Thanks are due particularly to Mrs. Inge Nussli who brought extra food and snacks. The charge of \$5.00 for three days and two nights was merely to cover food expenses. No other expenses were included, but it was felt that the food should be good quality and nourishing.

Marijke Patterson

TRY THE WILD FOODS! - Leonie Gomez

Some of these wild foods should be familiar. Lambsquarter or pigweed, found as a weed in most gardens is a delicious vegetable. Sauté with or without onion and garlic, cover the frypan and let simmer a little. Also toss it into soups. Just be careful to wash it thoroughly to remove dust that clings to the rough backs of the leaves.

For tea, try plantain. Pull six or seven leaves and add to boiling water to make "Chinese Tea". Camomile is that little plant which grows in well trodden places. It has feathery leaves and a yellow button of a flower. Pick the whole plant minus the roots and add four or five of these to boiling water. Let simmer a little to make a sweet tea which is supposed to settle an upset stomach. Those lovely orange tiger-lillies or mountain lillies are also delicious, though the season is nearly over. Collect the whole flowers and break them into small pieces. Separate a couple of eggs and beat the whites until frothy. Add the unbeaten yolks, a little salt and spoonful of flour. Add enough chopped lily flowers to take up the liquid. Fry by the spoonfuls in a hot pan with plenty of oil-Lily Fritters! Squash blossoms can also be used in the same way. If you can't find these plants or want to look for others, get yourself a book on plant identification and one on the uses of wild plants. Some of the best are by Euell Gibbons and Bradford Angier.

A NEW MEMBER COMMENTS:

As a new member I would like to see the C.V.N. take a more aggressive approach to youth. The hikes and overnight camping trips are excellent vehicles for acquainting children and teenagers with Nature and thus indirectly (or perhaps very directly) with a more positive value system. However youth seldom knocks on one's door, it rather has to be pulled out of bed. So if necessary I would like to see us do some pulling or persuading or inducing or propagandizing or whatever the means may be to bring them to see what is around them. Seeing is more than having one's eyes open. Only when they know what there is to save will they be willing to make the sacrifice which alone will save it.

This will mean some involvement on our part. We may have to pick up and return some children who have no transportation. We may have to overlook personal animosities and financial differences, social mores and cultural roadblocks. If we write off a child because we don't like his or her parents or feel that they are beneath or above us, we write off a segment of the future. Perhaps we should try holding a dance (outdoor? someplace like Howse Pass?) for the older ones and maybe a marshmallow roast and hike for the younger ones. The good we do their feet might counterbalance the bad we do their teeth. How about merit awards for sightings and identifications of plants and animals? An overnight survival trip--living off the land?

In the small town where I grew up they used to make announcements before the movies and in my wife's small town they had billboards for community notices. Both might be a good means of creating interest as well as building community spirit.

...Ralph VanDrielen

Columbia Valley Naturalists

LITERATURE LENDING LIBRARY

If you are a member and would like to borrow from our growing collection of books, magazines and other literature then drop into Bridge Books and sign some out. Following is a partial list of what is available now and this is being added to all the time. We welcome your donations of similar material and urge you to take advantage of the opportunity to use ours.

- B.C. Outdoors-current and back issues.
- B.C. Federation of Naturalists publications.
- B.C. Conservationist-a new magazine
- Ecotactics-A Sierra Club pocketbook
- Water Boy-The hardcover book on the Columbia River controversy.
- Environment for Survival-Canadian Wildlife Federation magazine.
- S.P.E.C. material
- Wildlife Review-Dept. of Recreation & Conservation. Back copies and will have current copies soon.

(continued on Page Three-LITERATURE)

LITERATURE (cont'd)

A wide assortment of other material. An assortment of Organic Gardening books and publications is available, also books on building cabins, using wild foods, etc. copies of Mother Earth News back copies of the Green Revolution, Dept. of Agriculture pamphlets on geese, rabbits, chickens etc., gardening. These are available for short time loan to members but are not on file - phone Grace Penno at 344-6588.

Columbia Valley Naturalists OUTDOOR PROGRAM - SUMMER 1971

SUNDAY AUGUST 1 - a local hike - for huckleberries at LangCreek and for non-berry enthusiasts - a hike down Lang Creek to the falls. Leaving Bridge Books at 9 a.m.

SATURDAY & SUNDAY AUGUST 7&8 - Bow Valley group has another interesting hike- this time overnight into the Little Yoho Valley - limit 20 people. Again check them or us for more information.

SUNDAY AUGUST 8 - Our hike in Glacier National Park - The Asulkan Trail - fairly easy - Leaving Bridge Books at 8:30 a.m.

SUNDAY AUGUST 15 - Glacier Park - prob. Sir Donald area - should be blueberries ripe then - maybe one of the other trails in the area. We may combine our Glacier hikes with John Marsh's but no dates on his yet.

SUNDAY AUGUST 22 - North fork of Hospital Creek - a drive of approx. 8 miles on logging roads then a hike up and along the ridge.

SATURDAY & SUNDAY AUGUST 28&29 - Into the Bugaboos - a long drive in and out necessitates the overnight arrangements to make the most of the area. Hiking - exploring and maybe some climbing.

SEPTEMBER 4-5&6 - a hike into Howse Pass with time to really look around. More details such as departure time etc. as later in the summer. If interested in this one - try and let us know a bit ahead of time.

We also intend to schedule other outings in Sept. and Oct. Two of these will be Wapta Falls-Hoodoos, after the tourist season and a hike and climb up Leif's mountain pass-overnight there for hiking along the ridge in behind.

The above outings are open to anyone interested. As a general rule, we will leave from Bridge Books in Golden, although you are free to make other arrangements. For more information phone or call in at Bridge Books or phone Grace Penno at 344-6588. Always bring rain gear, warm clothing and lunch for day trips.

CONSERVATION BEGINS WHEN MAN FIRST REALIZES THAT THERE WILL BE A TOMORROW!



THE ORGANIC SCENE

Well, with the cold and rain this summer local gardeners are having some disappointments especially the heat loving crops, beans, corn, and tomatoes.

Up our way in the Blaeberry the root crops are doing fine - lots of carrots, beets and turnips. Cabbage, cauliflower, peas and lettuce look like they are enjoying the cool wet season.

We hope that everyone with a garden has a compost pile started this year. It is so simple and so rewarding. If you build it a bit at a time it takes a year or two to rot down into rich, dark compost. If you cover each years pile in the fall with some earth or sod or old sacks, and then start a new one, after a couple of years you will have a continuous supply to offer your favorite plants. There are different ways to build a compost pile, some are faster than others. It is certainly no more work to put your table scraps vegetable peelings, lawn clippings and weeds into a box in the corner of the garden; than it is to dump it in the garbage! It seems to be that too much emphasis nowadays is put on convenience anyway-it is getting to be a "sacred cow" like motherhood and the flag. It's about time to start thinking about things on another basis. That garden space is important - not only for the produce you can or are producing now, but for generations to come. Don't kid yourself. Every piece of arable land is going to be vitally needed. Fertile land has and is being covered with pavement at an alarming rate. Build your soil up - dig in or compost all organic materials and look around for more! Quit poisoning yourself and the life around you with pesticides and herbicides. Don't let them fool you - thousands of gardens in B.C. alone have never seen a spray can and believe me, they produce!

If you are just starting to garden or are interested in some of the many aspects of Organic Gardening - give us a call. We would love to hear from anyone and everyone in the area who practices Organic Gardening even though you don't have a name for it - its the "Old Time Way" - adding organic natural materials to build up the soil - not using pesticides or herbicides and giving the natural controls - birds, toads, lady bugs etc. a chance. Let us know who and where you are - we are interested!!

...Grace Penno

STUART UDALL (after a visit to Mexico) While we were in Guadalajara, a city of a million people, I discovered that there were more gardeners on the civic payroll than there were police. Maybe that is exactly why Guadalajara doesn't need so many police.

Our natural heritage ?

RESUME OF REGIONAL PLANNING BOARD MEETING - L.N. Patterson

Mr. Patterson attended the meeting of the Board of Directors for Regional Planning which was held in Golden in June. Mr. Dainard, Mr. Haines, Mr. Lewis and Mr. Kerr and others were in attendance. Mr. Staples a professional planner connected with the Provincial Government answered questions put to him by the Board members. The following is a general resume of the meeting as reported by Mr. Patterson.

Synopsis: The regional planning board stands at the very beginning of its task, and is trying to size it up. It is very anxious to get public opinion on the subject, possibly by questionnaire, possibly by hearings. The members show that their concern is limited; thus one of the men in question is very concerned about the subdivision of farmland but still maintains that no one knows better than the farmer himself how to use the land. Mr. Dainard apparently holds broader views. Mr. Staples advises that board members should restrict attention to land use; presumably excluding issues such as pollution. The board agreed to ask the Provincial Government for professional planning advice as to how to get started with their job. An observers conclusion is that some of the board members earnestly try to tackle this big task - which incidentally must start with an inventory - but that they will need considerable inspiration and prodding from the public to take on the scope of the environmentalist and not simply to degenerate into a third level of restrictive permit-type government.

Reference:

Following is some of the dialogue of the meeting - condensed.

Question: Small communities are sprawling - how will development outside of towns be curtailed?

Answer: (Staples) - Land is controlled by 1. zoning; 2. subdivision; the regional district has the power to zone (but it has no power whatever in town areas). Zoning by-laws need not be sanctioned by plebiscite, but public hearings must be held. A paper of 1970 lists "Suggested steps in passing regional district by-laws".

Q. How do we start? Is technical aid available from Provincial Dep't?

A. Start with map of existing land use. Take inventory - electoral areas only will be concerned. Technical assistance will be available. Make formal request to Deputy Minister. Facts will be respected. Zoning laws are not to be railroaded against the wishes of the electorate.

Q. Farmland-how is good land controlled, marginal left unrestricted?

A. Don't plan by committee. Use professional planners. Take advice of committee (very important politically). Re-zoning requires public hearings.

Q. How far can you take the advice of the committee?

A. Balance professional planning advice versus political (ie the people) Don't rush planning.

Q. I sign Dept. of Highways statements and have a feeling it just amounts to rubberstamping their projects.

A. Only one regional district has real power over highways - Vancouver.

Q. Elaborate on power to sub-divide.

A. Sub-division by-laws must be established before taking effect. Go to the people with questionnaires.

Q. Who knows better than farmers what good farmland is? Do planners? What should the minimum size of farm subdivision be?

A. An East Kootenay proposal for 80 acres minimum received negative response in Elk Valley, thus the Provincial Government did not approve it. Public support is needed for any such proposals. An absolute size may not be the answer - so much depends on the type of land (berry farms for example as opposed to cattle farms.)

Q. How can we best secure professional help?

A. Avail yourselves of Department services. Then hire your own planner to get continuous service (such continuous service is generally not provided by consultants with the exception of an arrangement which has worked for the District of Kootenay.)

Q. How available are planners?

A. Favorable consideration of requests. Costs will be subsidized but not entirely free in electoral districts.

The opinion was expressed that planning should be limited to certain critical areas only. There is general agreement that the first step is to take general land inventory, to get assistance from departments, to hold public meetings with the planners and give help by questionnaires.

Q. Is land use too narrow an objective?

A. Plan within not too broad areas, or too little understanding by the public. Don't lay out grandiose plans.

Q. At Penticton a very successful public study group was held, open seminar. People participated.

A. Good approach.

Q. Shall we zone the whole area?

A. No, only where the problems are.

PLANNING (cont'd)

Farm acreage should depend on economic feasibility. There is no regional control over municipalities. Debate develops about costs of planning, some rather narrow views appear to the effect that each electoral district pays proportionately to planning they get.

Q. How is a zoning plan administered?

A. It is a new level of government. There was considerable concern that implementation will be very costly.

PLEASE NOTE: THIS REPORT IS NOT VERBATIM, BUT ONLY AN ATTEMPT TO REPORT THE ESSENCE OF WHAT WAS SAID. L.N.P.

HELP WANTED

We are appealing to all members and every interested person reading this newsletter to look over the column below and pick out a project that they would like to become active with. There is a very wide range, some short term, and others of a more continuing nature. If you haven't tried anything like them yet, no matter, enthusiasm and interest is the thing. We need you, don't let us down - get in touch!

1. Newsletter: someone with a bent for journalism to make this a monthly occurrence. Need someone to do the layout work and with lots of bright new ideas. Need not do the stencil typing unless you wish to, printing is all done by our helpful Recreation Directors office.
2. Public Relations person; to notify members and friends before hikes and meetings, to encourage a turnout. To arrange details of meetings - hall, projectors, details. Not much work, mainly involves phonecalls, someone who is enthusiastic about our projects.
3. Persons to submit articles on various features in the area. We plan on putting a collection of these in covers later to sell as permanent guides to the area. Needed are the articles of the following nature; Historical, Recent natural history events; Geographical features; Animal, Plant & Bird life of the area; Detailed maps and guides to various points of interest and trails. Don't be frightened off by any of this - just put your notes on paper if you wish and drop in to see Chris Schiesser at Bridge Books - she will be happy to help or discuss it.
4. Persons concerned with: Local Air Pollution, water quality, land use, regional planning, local industry, tourism, re-cycling, working with young people from tots to teens - interested in any aspects of acquainting children with their environment; hiking; etc. etc...

"ROSES & THORNS"

"R" to the Overwaitea for supplying coffee for our open meeting held on June 27.

"T" to those who are lighting fires without taking out fire permits beforehand.

"R" to those who are taking advantage of our good weather to take a good look at our beautiful area.

"T" to those who chuckle at what Golden has to offer, directing visitors to Banff, Lake Louise, etc., they really are blind to Golden's attractions.

"R" for everyone who saves their papers and trash until they reach a trash can. There are trash cans around town and you will see them if you look around.

"T" for the people who are defacing public buildings.

"R" for Mr. Johnny Bergenham for his donation of \$10.00 to be used by the Naturalists for literature. THANK-YOU.

"T" to those who continue to use their water sprinklers 24 hours a day when water pressure is dangerously low.

"R" for all the busy people who are improving the looks of our town through outside improvements on their properties.

MORE INTEREST IN POLLUTION!:

Take heart! Environment is not only a fashionable word, something for politicians to play with in order to create new bureaucracies and for progressive industry to laugh at, secretly. The preservation of environment is gradually beginning to be translated into law. This is what happened in the State of Delaware where industry was banned off shore on the Atlantic Coast and within a certain distance of a major river, as you may have read in the Vancouver Sun. This is a significant instance of a clear break in the industrial cycle, the cycle whereby one industry generates a place or demand for another. And most interesting of all; the man who was responsible for this legislation, the governor of Delaware, is himself an eminent industrialist!

The lesson is clear to all of us who feel threatened by industry and its heavy-handed mechanical ways - and to those as well who laugh at the "bird watchers": That within the very heart of the industrial complex itself sit quite a few sympathetic "birdwatchers": Industry is operated by human beings, by labor, management and stockholders. Everybody wants profits, the stockholder perhaps more than management. The stockholders represent a large segment of the population - and when this segment begins to assert pressure for environmental concern as well as profit, management will respond, gladly in many cases. For among the management of many larger private corporations are astute, intelligent men who do not fail to recognize our brutal impact and disruption of natural life-cycles.

(continued on page SIX - INTEREST)

INTEREST (cont'd)

Relieved of the incessant pressure for maximum yield and profit at total neglect of social and environmental costs, these men will certainly take steps toward a more sensible balance. And we - the naturalists - may find some unexpected friends.

L.N. Patterson

Any material for the Newsletter may be sent to Grace Penno, Box 93, Donald, or to Miss Shawna Trott, Box 1170, Golden. The cut-off date for each month's edition is the 20th.

SAUNTERERS AND THE ART OF WALKING

In his essay on Walking, H. D. Thoreau stated that he had met but one or two people in all his life who really understood how to go for a walk. He said that only these few had mastered the art of "Sauntering". Thoreau went on to explain that the word sauntering is beautifully derived "from idle people who roved about the country in the Middle Ages, and asked charity, under pretence of going 'A la Sainte Terre,' to the Holy Land. Children would then shout "There goes a Sainte Terrer," a Holy Lander. He claimed that such a person, a Saunterer, was no more a vagrant than the meandering river, which is all the while sedulously seeking the shortest way to the sea.

THE COLUMBIA VALLEY NATURALISTS

The Columbia Valley Naturalists is a group formed by Columbia Valley residents with an interest in the life and nature of this unique valley and its adjacent areas.

THE BASIC PURPOSES OF THIS GROUP ARE:

1. To preserve and protect the great natural beauty of this region.
2. To encourage and promote its wildlife.
3. To prevent the flooding of the valley or other gigantic water projects that would fundamentally alter its character and climate.
4. To prevent exploitation of natural resources causing great and irreparable damage.
5. To enhance living; and increase the regions attractiveness by the elimination of air, water and other pollution.
6. To promote sensible development in keeping with the status of the valley as a gate to Canada's Mountain National Parks and a source of one of the world's biggest rivers.
7. To encourage residents to take pride and interest in their own land and property as part of the whole of the Columbia Valley.

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IF YOU ARE INTERESTED IN JOINING THE COLUMBIA VALLEY NATURALISTS PLEASE CLIP THIS FORM AND BRING IT IN TO CHRIS SCHIESSER AT THE BRIDGE GOOKS OR MAIL TO GRACE PENNO, SECRETARY, AT BOX 93, DONALD, B. C.
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NAME

ADDRESS

PHONE NUMBER

MEMBERSHIP FEE IS \$1.50 per PERSON. ALL INTERESTED PERSONS ARE INVITED TO JOIN!
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"... it has never been man's gift to make wildernesses. But he can make deserts, and has."

Wallace Stegner
(Voices for the Wilderness)

EARLY SURVEYORS NOTES ON THE NATURAL HISTORY
OF THE GOLDEN AREA.

To understand the dynamics of ecosystems and to appreciate man's role in changing them it is useful to reconstruct the landscapes of past times for comparison with what we find today. Fortunately, in Western Canada written information concerning the environment is available from the very onset of the white man's invasion of the area. It includes explorers reports and maps, diaries, scientific reports and tourist recollections and photographs. The comments of the early land surveyors are especially detailed and useful as these men preceded much settlement, penetrated previously undescribed country, and were trained observers and recorders. For the Golden area a number of such accounts exist for the 1880's and 1890's. The following information is taken from the 1887 report of Otto J. Klotz, D.T.S. who was responsible for surveying along the line of the newly opened C.P.R. line in British Columbia.

"Golden City is situated near the confluence of the Wapta and the Columbia. There is little winter here, the prevailing Chinook winds melting the snow rapidly. A very marked difference in the vegetation is noticed when the Columbia Valley is reached, being more varied and more luxuriant than along the Wapta. Roses, vetches, orchids, lillies, as well as many other flowering plants, and especially ferns grow in profusion. The wood is mostly fir, some balsam, birch, ash and poplar."

"The river meanders through many channels, forming many islands, and is in consequence shallow until Donald is reached, where it is only about a hundred yards wide, and confined within high banks. Salmon ascend the Columbia from the ocean to the Upper Columbia Lakes, the head waters, a distance of about 1,500 miles, where the Indians spear them."

Beyond Moberly, "where some very nice vegetables were seen," Klotz came to, "Blaeberry Creek, a good sized stream, in the valley of which there is some valuable timber." Further down the Columbia, about two miles before reaching Beaver Creek, the surveyor reports, "the valley widens still more and the flats are covered with large cedars, thirty to sixty inches in diameter."

Another surveyor, W. S. Brewry passed through the Golden area in 1891 while engaged on a triangulation survey of the Rocky Mountains. His report on the Columbia Valley includes the following information.

Regarding the Blackberry, "there has been a very large amount of timber in the vicinity of this stream, but a considerable quantity has been cut off or destroyed by fire. We saw numerous goats on the mountains...which contrary to expectation, were not very shy, some of them permitting open approach to within two hundred yards."

"In the Columbia and higher valleys tributary thereto a variety of berries was observed. Nowhere else have I found the wild raspberry growing to such size and so luscious. It struck me as a curious fact that this fruit was not found until an elevation of 5,000 feet above the sea had been attained. It was suggested that probably at lower elevations the undergrowth was so rank as to stifle the growth of the berry bushes."

Such are the impressions of two men in the Golden area at the time of man's first major impact on the area. The railway, accompanying settlers, miners and loggers, wrought many changes. Land was cleared and drained; new plant and animal species introduced, others harvested or reduced. Fires diminished forest areas and increased land for the winter grazing of ungulates. They initiated an evolution of habitats that in many areas is still not back to a climax situation. Man's works on the Columbia have obviously affected the salmon in such a way that the conditions of the 1880's will never be restored. By looking at such old accounts we can, thus, evaluate our actions. We can identify errors, causes and effects and hopefully see means of avoiding similar failures today. By writing a good natural history of Golden in the 1970's we can compare today and yesterday, and allow people tomorrow to evaluate our environmental activity. With luck, they will give us credit for benefiting from past experience.

Contributed by John Marsh

CHRIS SCHIESSER PASSES

Tributes paid to a great lady

To Chris:

Hey ho! for the thunder of a river running free!
Hey ho! for the echo as it thunders through the trees! Hey ho!
Down the rapids that are marching drunkenly!
Hey ho! through the canyone in a cockleshell we go!
Hey ho! Song-sing in the freedom of the flow!
Hey ho! What-the-hell?! That's a dam we see below!
Hey ho! through the blockage with the water we must go!
Hey ho! there's no stopping a river free to flow!

But -- you chose -- in this peaceful pool -- to go.
And now this cockleshell and I just laugh
As the sluggish current passes -- Hey ho!,
Hey ho! Rapids are your epitaph!,
For behind, flowing, we can still see a free
River, running clean, eternally.

This poem was read by it's author Ralph N. van Drielen at a memorial service for Chris Schiesser on Thursday, November 12, 1987. It expressed his feelings about a lady he had been proud to have known and worked on many environmental issues with over the past 20 years.

The beautiful outdoor service which was held on Gould's Island in Golden was most fitting for an individual who had spent the past fifty years in this valley and had been involved in many and varied organizations during that time. The years in which she was raising her eight children she was involved as a teacher in a one-room school in Moberly, and later taught in Golden. She contributed to Parent Teachers organizations, was the representative on the Columbia-Shuswap Regional Board for Area "A" during the 1970's, was a charter and life-long member of the Golden District Arts Council, a member of the Golden District Historical Society, and fought for many years for environmental controls with the Big Bend Resource Council.

Eulogies were delivered by

her son Bernie, of Banff; her daughters, Julia Cundliffe, of Golden, Hazel Alfano, of Golden, and Jeanne Dyke, of Quesnel.

Mayor James Doyle, of Golden, said that when he ran for Alderman for the first time, he asked Chris Schiesser to sign his papers for him. "You were lucky to have such a special and interesting person for a mother, grandmother, and great grandmother," he told the family. "Chris, the environment is better to have had you amongst us for the past 85 years."

"At moments like this I feel that mere words are very inadequate and I find it difficult to put into a few words all that Chris stood for," stated Marijke Patterson. She recalled the many years she enjoyed reading "Valley View Point", a column that Chris had written for the Dam Advertiser and later the Golden Gazette from 1964 through 1980.

"It's not often in life that we meet someone who instinctively knows right from wrong - good from bad, but Chris was one of these people," were the words of Ralph van Drielen, a long time friend.

Excerpts from her memoirs about and read by her daughter Jeanne: 1939 January - "My baby is only 24 hours old and serious thoughts are in my mind...I need to help here in the next years to overcome her difficulties...my greatest pride will be to watch her develop and step broadly out into a bold new world..."

Grandson Mark Gould of Kamloops read a poem about his grandmother going for a walk with his sister Lee and how she taught her about flowers, rocks, and the environment she loved so much.

She leaves behind five daughters: Hazel Alfano of Golden, Margaret Gould of Kamloops, Jeanne Dyke of Quesnel, Julia Cundliffe of Golden, Nicki Goff of Edmonton, three sons: Bernie of Banff, Fred and Jacques, both of Golden, and many grandchildren and great grandchildren.

Her ashes will be scattered in her beautiful Columbia Valley.



SOME SUGGESTED DO'S AND DON'TS

GET INVOLVED PERSONALLY: ECOLOGY IS NO SPECTATOR SPORT

Be concerned; Get basic facts; Become involved; Register your opinions with pollution control agencies, politicians, newspapers, talk shows, city planners, public meetings.

Join with others in environmental action efforts.
Call violators; Praise good work; Pollute less!

DON'T PUT NEWSPAPERS AND MAGAZINES IN YOUR TRASH CAN

More than half of the refuse taken to city dumps is paper and paper products. You can help by cooperating with community paper recycling programs; save your newspapers and magazines and make sure they get delivered to central pick-up points. Old paper is used to make new paper, which means that more trees will not be cut down.

Bottles, aluminum cans, tin cans, etc.—these too should be recycled. Get together with your neighbors to work out salvaging methods.

BEWARE DETERGENTS WITH HIGH PHOSPHATE CONTENT

Studies have been made listing phosphate content in different detergents. Phosphates eventually choke out streams, lakes by causing eutrophication.

DRIVE CARS LESS . . . OR ASK YOUR PARENTS TO DRIVE YOU AROUND LESS

Cut down smog, by walking . . . using public transportation . . . sharing car rides whenever possible.

* * * * *

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Fitness for Living
Environmental Action Bulletin
Compost Science, journal of waste recycling

Future generations may not be allowed to enjoy an unspoiled natural environment because our widespread, man-made pollution is robbing us all of our common heritage.

Prepared by: Rodale Press, Inc.

33 E. Minor St. Emmaus, Pa. 18049

ROBERT RODALE

Pollution Is a State of Mind

Where does all the dirt come from that is fouling our rivers, our air, our soil, our food, and even the oceans?

We produce it with our thoughts, our overweening ambitions, our desire to live a life of ease and superiority over all other living creatures. Pollution is a state of our minds. We *think* that the universe revolves around us, that our needs are more important than the needs of all other forms of life. How wrong we are!

Look at each dirty, polluted part of this world and you will see—through the murk—a failure of human *thinking*. Men *think* that they can pack millions of people onto Manhattan Island and its environs and still dispose of all the sewage and garbage safely. That's not optimism—it's plain bad *thinking*. Why should we ever *think* we can zoom around the country and into every part of every city with 300 horsepower horseless carriages and not spread manure of some sort? Can't be done, but we *think* it can be done. Farmers and chemical companies *think* they can use powerful poisons to keep insects away from our farms without poisoning us or our insect, bird, and animal friends. Again, that's bad *thinking*. Many of the chemicals and eventual pollutants that are now plaguing us simply aren't necessary for happy, healthful, satisfying life. Yet we *think* that we need them. That's where we are making our big mistake.

Are you confused by pollution? Are you uncertain about what *you* can do to improve the quality of our environment? If so, you have company among some of the best *thinkers* in our society, because our intellectual leaders don't understand the human consequences of the technological devices that are suddenly becoming such a big part of our lives. The people who should know how to clean things up are confused because they have been doing the wrong kind of *thinking*, just like many ordinary people.

Science will save us, you may *think!* Out of our laboratories will come the panacea for pollution, you are hoping. That will not happen, because scientists are too fragmented in their studies and they are woefully confused about pollution. They don't know how to *think* in universal terms, because over the years each individual scientist has learned more and more about less and less. Even *ecology* is a specialty. We have not *thought* it necessary to try to train people to understand the general problem of living sanely, in tune with our environment.

Technology, wrongly applied with our permission, feeds on the confusion and greed of people. Without proper guidance, technology bridges the specialization of science and creates tools of immense power. Members of each branch of science throw their nuggets of knowledge into the collection plate of the industrial establishment and—with misguided good grace—do not observe the counting process in the back room. They do not supervise the forgers of our industrial society, who take that merged knowledge and use it to create things that people *think* they need.

Horrible *thought!* Technology is now doing our *thinking* for us. What is possible to do (technologically) will be done. We are almost blindly devoted to finding the one best way to do every conceivable task, and technology offers such attractive ways to do everything that we can't *think* of alternatives. Our minds have become polluted by the siren *thoughts* of hedonistic life that technology promises.

Pollution is the payoff for our bad *thinking*. As Buckminster Fuller says, every American is now using power equivalent to the work of 500 human "slaves." We have emancipated human beings from slavery, but are chaining ourselves to a degraded environment because—in our *minds*—we are still slave-owners. Even mechanical slaves must be fed. And they produce waste. In America, our mechanical slaves are doing the work of 125 billion people. No wonder our environment is becoming degraded and polluted.

There are exceptions! Ever heard of those kooky organic gardeners, people who for 30 years or more have been collecting the good bugs and bringing them to their unsprayed gardens? Or raising earthworms, because worms help turn garbage into humus? These people don't *think* like other Americans. And they don't *eat* the junk that other Americans eat, either. Have you recently eaten an apple that you *know* wasn't sprayed? Do you remember the flavor of chicken as it used to be, when chickens scratched in the earth for beetles and grubs? The organic people know that flavor, because they *think* in the right way about our world. They *understand* that man is happier when a partner with the earth. They *know* that everything that is newer and more technical is not always better than what came before.

There are other people whose minds are leading them to the right answers to pollution questions. Bird watchers and hikers know the importance of preserving the displays of beauty that nature creates for us. Natural food fanciers help themselves and others by eating rustic things that require the use of fewer mechanical "slaves" in factories. Physical fitness buffs have learned the vital lesson that pollution is not only in your mind—it is in your muscles and your heart.

manure, cotton seed meal, bone meal, or sewage sludge. Also determine the Ph, or acid requirements of the plants and the effect of these materials on the Ph.

10. Inorganic mulch is a material used to cover the ground for the purpose of preventing weeds, conserving moisture, and concentrating the sun's heat: black plastic, aluminum foil, stones, rocks and bricks. However, it can be noted that these materials do not break down to add organic matter to the soil.

11. Minerals and "Trace-Elements" are also required by plants. Rock Phosphate, and Granite Dust are available and are added to the soil or compost. Most soil in Connecticut is deficient in Rock Phosphate and using more of these natural minerals than is needed does not harm the plants.

12. Use compost as a natural fertilizer because manures may not always be available, and also should not be used near the roots of plants when it is too fresh. Open a "row" for planting and place an inch or more of compost in the bottom; then place seeds right on the compost and rake in as much soil as needed to cover the seeds. If the compost is very coarse or fresh, a small amount of soil is first raked into the compost and then place the seeds and rake in more soil.

13. Compost is "finished" when there is no longer heat caused by the decaying process, and it looks like crumbly brown humus, without identifiable ingredients, except possibly bones, egg shells and a few twigs.

14. The ground should always be covered with mulch when not in use, between seasons. Mulch is also kept between the "growing" rows as mentioned under 5 & 6.

15. If your mulch from last fall has become well broken down, you may roto-till it in, if desired. Make sure you have more to add between the new planted rows.

16. If you have a layer of leaves or other mulch still intact from last fall, simply pull it aside into the "walking" row and plant as in No. 12.

17. A good system is to roto-till your ground after the growing season and then cover it with leaves in the fall. People in towns can usually get one or more truck-loads of leaves from the town, when they are gathered off the streets.

18. Stalks and other garden residue should not be taken to the dump, or burned, unless badly infected with insects or blight. Instead they can become part of the mulch, or composted in bins for use as fertilizer, when planting next year.

19. Tilling these garden residues right into the garden is called sheet composting. Using compost bins or sheet composting depends on the time, energy and inclination of the individual gardener.

ALEX ELLENBOGEN
LITCHFIELD COUNTY
ORGANIC GARDENING
CLUB

TORRINGTON,
CONNECTICUT

Notes From an Organic Gardener

Organic gardening is working the soil in the same manner as "nature" does. In "nature" leaves, plant stalks, and other residue simply fall to the ground together with seeds. These residues turn to humus and enrich the soil, and the seeds grow where they fall. Manures and minerals are haphazardly distributed by "nature."

Man can rearrange and assist the functions of nature by selecting the seeds he wishes to grow in a given area and removing the others. He can also add to the soil, manures and minerals of his choice in the quantity that he desires. He can also cover the ground with organic mulch of his selection, or he can compost these natural materials together with manures and natural minerals to produce a "live" organic planting medium.

1. Organic fertilizers are manures, compost, and natural minerals such as lime, rock phosphate, granite dust, or mixed combinations of these.

2. Commercial fertilizers may be organic, or partly organic and partly treated materials. Those that are organic are so labeled and cost more money.

3. Non-organic fertilizers are synthetically produced, or processed with sulfuric acid, which is like a quick shot-in-the-arm, but the value is short lived and the sulfur residue remains in the earth and eventually interferes with proper development of plants. Furthermore most of the synthetically produced fertilizers will kill the natural microscopic organisms in the earth and also the earth worms, which

are beneficial to fertility and plant growth.

4. The microscopic organisms are important in the development of natural humus and the "fixing" and use of nitrogen and other elements, by the plants. In other words, the use of commercial fertilizers starts your soil on a cycle of diminishing returns and final sterility, except for the relatively high priced nutrients that you must keep adding because the soil does not develop its own.

5. Mulch is a wide range of materials placed over the bare earth to deter the growth of weeds. Mulch also conserves moisture in dry areas and dry weather, keeping the soil moist and "alive."

6. Organic mulch has the extra advantage of breaking down into humus and nourishing the soil. Leaves, stalks, hay, sawdust, woodchips, ground corn cobs, cocoa bean hulls, bark and other residues of certain industries. However, some of these materials are to be used only under certain conditions.

7. Leaves, corn cobs, stalks and hay can be used most anywhere for either acid loving or neutral plants. For alkaline or neutral plants, lime should be added.

8. Woodchips and sawdust have two characteristics. They are best used for acid-loving plants (without adding lime) and they also take nitrogen from the earth while decomposing.

9. Before using sawdust or woodchips use nitrogen in the form of old

Start *thinking* about what pollution really means to you. If we are to reverse the tide of pollution, the force for that effort must start in our own *minds*. Improving the quality of life starts with you. We can not *legislate* purity while people are still *thinking* pollution.

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"What Can I Do?" Organic Living Ideas for the 1970's

HERE ARE SOME THOUGHTS ON HOW to live comfortably and well, especially from an ecological standpoint:

The Beauty of An Empty Garbage Can

"An empty garbage can is a sign of ecological living," says the Ecology Action Educational Institute of Berkeley, California. "Our objective is to begin to treat garbage and trash with due respect."

Reduce the amount of waste you produce by considering what will happen to each thing you purchase. Packaging plays an important role, since cellophane, waxed paper, styrofoam and plastics are not biodegradable. Try to reuse an item in its original form (cardboard box as a box) or for its material content (cardboard for wastepaper industry).

When it comes to organic materials, it's composting all the way, according to the Berkeley Ecology Action group. "Keep a bucket in your kitchen for food scraps. Bury them 6 inches deep in the garden. Or make a compost heap. By growing your own food, you reduce packaging waste and get good nutrition."

Learn Supermarket Economics

You often pay more at the supermarket for so-called convenience

packaging. If housewives thought about the higher prices and the disposal problem, many would not buy those non-returnable containers. For example:

Glass: "Purchase your soft drinks (if you must) in returnable bottles. You pay for the convenience of throw-away bottles by increased disposal costs and destruction of the environment, as well as higher purchase price. Coke costs 0.85 cent/fluid ounce in 16-oz. deposit bottles, 1.02 cents/oz. in 16-oz. one-way bottles, and 1/36 cent/oz. in 12-oz. aluminum cans. Ask your grocer to continue to stock deposit bottles, return bottles to him."

This same advice would apply to all beverages. Examine prices — and show people what they pay for convenience. Companies which take back glass for reuse could be publicized, and dairies which offer milk in returnable glass bottles.

Support Your Local Sludge — and Leaves Too

More and more superintendents of waste water treatment plants are inviting local gardeners and farmers to use treated sludge as a soil-conditioner. It's safe and it's economical and it's ecologically sound.

The same thing has been develop-

ing with leaves. City councils pass ordinances forbidding burning of leaves; thus the city picks up more leaves than ever before; hence the city piles up the leaves, and after a time discovers it has a supply of compost to offer residents.

Be sure to use and publicize the availability of sludge and composted leaves, and how useful these materials are to the soil. As city officials see uses for these waste materials, they'll get similar ideas for treating garbage, and recycling that as well.

Plastics and Detergents — Two Troublemakers to Avoid

Who says you must buy that plastic container? And was everybody so dirty before detergents? The best thing to do is avoid both—look for other containers (paper or glass)—and remember the good old days when you kept clean with plain soap.

Be A Non-Consumer Whenever You Can

Homemakers against Pollution in Stanford, California give this advice: Be a BBB, brown-bag-backer. Take your brown bags back to the market for reuse in packing your own groceries. This saves trees (and money for the market). Or use a mesh shopping bag.

Bring your own coffee mug to lunch or meetings. Skip the styro-foam cups. Skip the disposable plates as much as possible. The ideal container is like the ice cream cone; you can consume it or return it for more.

If you must use detergents, pick one that's biodegradable and has lowest phosphate content.

Drive your car less to cut down smog and traffic congestion. Use and encourage more public transporta-

tion. Share car rides when possible.

Be an involved citizen. Unite and work in community projects aimed to improve the environment.

How to Keep Garbage from Becoming A Solid-waste Problem

Recycling is the key. You can do your share by using your garbage in the garden rows and planting patches instead of piling it up in the trash cans. Here are a few ways experienced organic gardeners are benefiting from the use of the family garbage.

Garbage can be buried in pits or in the planting row; it can be fed directly and in bulk to colonies of active earthworms, and it can be composted by bacterial action along with other organic residues.

Garbage buried in advance in next year's planting rows is perhaps the simplest and most efficient way of putting kitchen refuse to work. Rows can be dug by hand or opened up with a tiller, with the soil piled next to them. They should be at least eight inches wide and one foot deep. Spread the garbage in a thin layer at the bottom of the trench and cover it with about eight inches of soil. Leave undisturbed for nine months or one year, and then plant as you would normally.

You can also feed your garbage daily or twice a week, to colonies of active earthworms kept in boxes or pits. Composting it with other organic residues will give you a complete soil fertilizer that means bumper harvest next year. Simply add the compost to a heap that is being built, layering it with soil and crop residues such as tops and weeds. Garbage adds valuable nitrogen to the pile and also helps it heat up for complete bacterial action.

LOOKING BEYOND APRIL 22

Creating summer environmental task forces. Ecology action groups might use some Earth Day leaders as a team of grass-roots "Nader's Raiders." Those students, who might be available for several weeks—or even the whole summer—to work on special environmental projects. Some of the work might involve a thorough analysis of state or local anti-pollution ordinances.

Other work could include surveys of dumps, junk yards and other places where refuse is gathered. From the data gathered, a team of students could make recommendations for cleaning them up. The real trick is not closing the dumps but ecologizing them.

If enough environment groups got together, they might be able to raise some money which could be used to finance—or at least pay the room and board of—a few college students to keep projects going during the summer.

Establish direct communications lines with other action groups. Appoint someone in your group to act as a liason between your group and others. *Environment Action Bulletin* will attempt to present information that all groups might find useful.

Agree on some specific objectives to be carried out during the next few months. Don't pick an impressive goal. You're not going to clean up the local river and have it ready for swimming by Labor Day, if you haven't found out what the local anti-dumping penalties are—and who's supposed to enforce them. Discuss some specific objectives that are both important and obtainable. For example, preparing a slide series showing pollution problems is a valuable project that can be shown as often as possible next fall. It is something that may bring about concrete results, if it is shown to the right people.

Prepare position papers for candidates in the November elections. Pollution is *the* platform this year, and many candidates are looking for position papers on that subject. Something you might think about before you tackle this one: Preparing position papers on environmental issues should not be the job of individuals representing only themselves, but rather should be prepared by individuals representing the potent force of nonpartisan environmental groups, regional, statewide and national.

Assisting in the development of evening courses in environmental action. While faculties are busy preparing courses for next fall on environmental education, local action groups can offer their assistance in lining up speakers, preparing background material, etc. Contact your local high school, community college or university now.