



# Cliff Notes

Alpine Club of Canada  
Manitoba Section Newsletter  
August 2002

Visit our website  
www.alpine-club.mb.ca

## Upcoming Events

**Aug 9:** "Osborne Shuffle"  
Snacks 'n Beer Social Event

**Aug 10:** Gooseneck Club Climb

**Aug 17:** Panorama Club Climb

**Aug 21:** Club Bike Ride

**Aug 24:** Jones Rhode Club Climb

**Aug 25-31:** "Experience the  
Rockies" Mountaineering Trip

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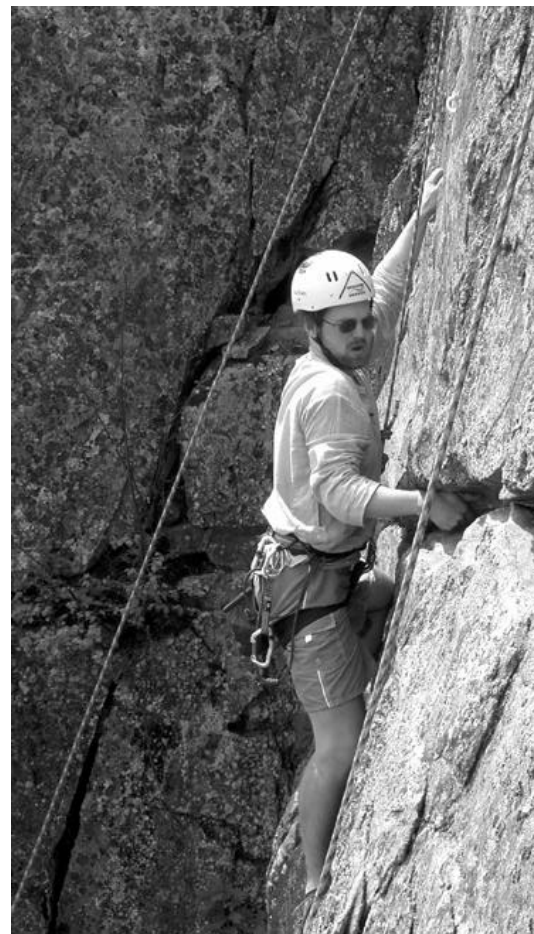
**And much more!**

## Summer is Here!

Climbers and mosquitoes. You know it's summer when you see them flocking to the cliffs in droves. Attendance at this year's summer club climbs has been well above average, thanks to the enthusiasm of the Manitoba Section members. ACC trip leaders agree that the club events have provided a great way for members to safely practise their favourite sport outdoors and improve their alpine skills. Here are reports of some of the club climbs this year...

A total of 22 people travelled to Gooseneck Cliff on July 20 to participate in the club climb led by Janice Liwanag and Gregor Brandt. Originally scheduled for South Cliff, the event was moved to Gooseneck due to questionable rock conditions and access issues. With the help of rope leaders Len Chackowky and Ken Boyko, as well as other experienced climbers, seven ropes were set up along the lakeside climbs. Routes ranged from 5.4 to 5.10c to accommodate the group's diverse level of experience. Beginners showed enthusiasm and persistence, even on the most challenging climbs. Experienced climbers pushed their limits on the harder routes, offered encouragement to others, and shared beta. Everyone sweltered in the hot and muggy conditions, but cooled off throughout the day by taking a refreshing dip in the lake. It was great to see so many people out and having a good time at the cliff.

On July 6, 16 highly motivated and fun individuals attended the Panorama Club Climb led by Len Chackowsky. The cliff offered routes that matched the experience of the group, which ranged from beginner to seasoned alpinist (the youngest participant was 12 years old). Rope leaders Gregor Brandt and Janice Liwanag helped set up ropes on face-climbs and cracks along the length of the cliff. It was a hot and dry day, with temperatures



Shaun Moffat top-roped on *Dressing No Dressing* (5.7) at Jones Rhode. Photo by Janice Liwanag.

approaching 30 degrees. Thankfully, lots of water was available and the lake was located only steps away from the cliff base. When they weren't fighting off hungry black flies, climbers tested their skills on some of the finger-aching routes unique to Panorama. After a challenging

*(Continued on page 3)*



## Alpine Club of Canada Manitoba Section Executive

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## Simon Says...

### (Message from the President)

I hope everyone is having a great summer and climbing season. What can I say, life is good. I have heard that the club trips aren't such a well-kept secret anymore and are quite well attended! Membership is growing (we now have over 100 members) and there are still lots of fun activities to enjoy this summer.

The "Experience the Rockies" trip is set to go in late August. Currently the trip is full and I expect everyone will have a good time. It should be a good opportunity to take some photos for the Manitoba Section Photo Contest. Once again the winners of the contest will be announced at the Annual General Meeting in the fall. This year we have also decided to accept slides as most people have their trips documented on slides.

The Manitoba Section hosted Rob Chisnall, who led his popular Instructor and Cliff Rescue courses this past June. They were well attended and lots of fun with Rob's great sense of humour and enthusiasm.

Our Trip Leaders Workshop was held once again this year. The usual environmental and legal issues were covered and participants were graced with a special appearance by Manitoba Section Past President, Peter Muir (yes, that's right!). After getting over the shock of Peter's presence the game of "stack the lemons" (a.k.a. Jenga) was played. Thanks go out to Hana Weingartl for hosting the event.

All this leads me to conclude that we are having fun and that's what the ACC is about. So get out there and have some fun with your fellow rock huggers! We are your local chapter of the CRHA, the Canadian Rock Huggers Association!

Enjoy the summer!

*Simon*

Masthead photo by Ken Boyko.  
Summit of Mt. Proteus, Selkirk  
Mountains, BC.

## Newsletter Information

The newsletter is published four times a year and is posted on our website. All submissions and ideas are welcome. If possible, please send digital copies of articles, ads, or photos. Otherwise, you can submit hard copies to the address below. With every photo submission, please indicate the name of photographer, the subject(s) of the photo, and where the photo was taken.

Our advertising options are:

- a) \$25 for quarter page or less
- b) \$50 for half page
- c) \$100 for full page
- d) one free advertisement per year (up to a half-page) in exchange for a discount to Alpine Club of Canada members; this discount can be a limited or unlimited time offer

Personal classified ads are free for club members.

Send your submissions to the newsletter editor:

Janice Liwanag  
100 Lipton Street  
Winnipeg, Manitoba  
R3G 2G7

(204) 453-2262  
jliwanag@rubicon.net

**Deadline for the next issue is  
October 12, 2002.**

## Executive Meetings

The Manitoba Section holds executive meetings once a month. Contact our secretary, Len Chackowsky, for details on where and when the next meeting will be held.

You can also contact Len to see the Manitoba Section's meeting minutes or financial records.

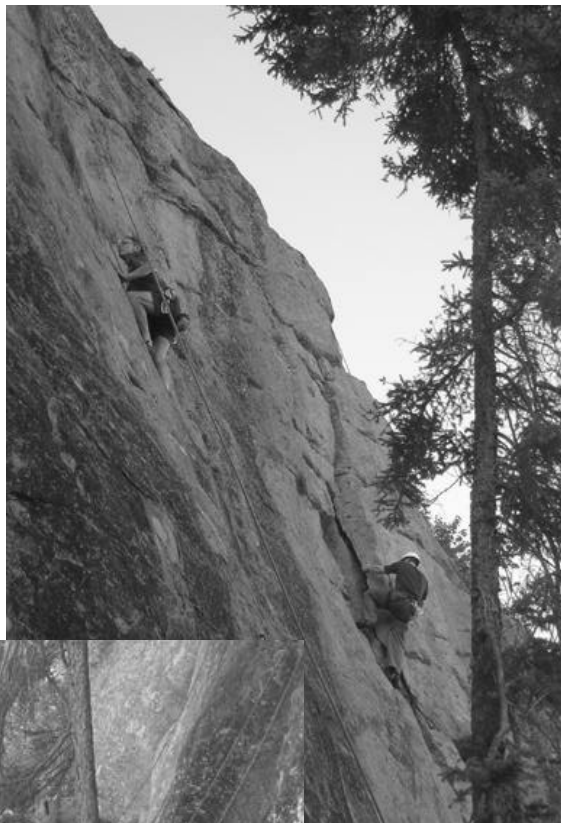
(Continued from page 1)

and entertaining day on the rock, most of the participants met in Kenora to share pizza, drinks, and climbing stories before the drive home.

Despite drizzling rain, 16 climbers came out to the Gooseneck Club Climb led by Ken Boyko on June 22. Participants weren't going to let the wet weather ruin their time in the great outdoors. They scrambled up the roadside exit on a simul-climbing belay, toured the top and took in the great view, then rappelled off the lakeside exit route on a safety line. Once the rain stopped in the late afternoon, rope leaders Ken Apostle, Chris Graham, and Mike Numero helped set up two dry routes and then the climbing began. Participants agreed that the event provided a glimpse of what it is like to tough it out in the mountains when Mother Nature doesn't cooperate. A little patience always gets rewarded.

Throughout this newsletter, you will see photos of climbers doing what they do best at the crags of Northwestern Ontario. If you have any photos documenting ACC club climbs or your personal climbing adventures, we'd be happy to publish them in the newsletter or on our website. Better yet, enter the photos in this year's Manitoba Section Photo Contest and win a prize (see page 4 for details).

*This article was compiled by Janice Liwanag, Len Chackowsky, and Ken Boyko.*



Right: Ken Boyko face-climbs *Drugs* (5.10d) while Adam Dyck enters a layback on *Plumber's Crack* (5.9) at the Panorama Club Climb. Photo by Janice Liwanag.



Panorama Club Climbers (from left to right) Sue Segura, Ken Boyko, Fariborz Hashemian, Len Chackowsky, and Chris Graham (tying in). Photo by Gregor Brandt.

## Update Your E-mail Address

### Have you been getting ACC Manitoba Section announcements by e-mail?

If you haven't, and you would like to receive them, please send your request along with your e-mail address and full name to [jliwanag@rubicon.net](mailto:jliwanag@rubicon.net)

Don't forget to update your e-mail address when you renew your ACC membership!

## Call for Route Descriptions

### Wanted: New and updated route descriptions, maps, and tops for *Rock Climbing Guide to Northwest Ontario/Southeast Manitoba*

Our local rock climbing guide is currently available online at:

[www.alpine-club.mb.ca/Articles/climbingguide/index.htm](http://www.alpine-club.mb.ca/Articles/climbingguide/index.htm)

The guide is the result of the much-appreciated volunteer efforts of past and present club members. The Manitoba Section depends on climbers like you to keep this guide updated.

If you know about any climbs that are not mentioned in the online guide (for example, those at Jones Rhode) please report it to our web manager, Gregor Brandt, at [gbrandt@marionette-soft.com](mailto:gbrandt@marionette-soft.com)

If possible, include the following information with your report:

- route name
- climbing grade
- location on cliff
- route description
- name(s) of the people who completed the first ascent
- any supporting maps or drawings

Gregor will verify the information and upload it to the guide.

## Manuals for Sale

ORCA Rock Climbing Safety Manual (published by the Ontario Rock Climbing Association)...\$30

Trip Leader Handbook...\$5

Contact Cindy Klassen at (204) 947-3608

# ACC Manitoba Section Photo Contest 2002

## Win a prize for best photo!

### Rules:

1. Open to any current paid member of The Alpine Club of Canada - Manitoba Section.
2. Maximum 3 entries per member per category.
3. Acceptable format: slides and colour prints. Prints must be a maximum size of 4x6 inches (unmatted and unframed).
4. Photos from anywhere in the world may be entered.
5. Each entry must be marked with location of photo, photographer's name and phone number, and the entry category. Mark the front of slides with an "F".
6. The Alpine Club of Canada - Manitoba Section may reproduce, publish, and/or display photographs entered in the contest.
7. Entries will be judged for composition, technique, difficulty of access, and originality.
8. There will be one winner selected per category; a prize will be awarded to the best overall photograph, regardless of category. Winning entries will be announced at the fall AGM and published in the Manitoba Section website and *Cliff Notes*.
9. Entries will be returned when accompanied with a self-addressed envelope and sufficient postage. Entries can also be picked up at the fall AGM.
10. While care will be taken, The Alpine Club of Canada - Manitoba Section is not responsible for any loss or damage to entries. We suggest not submitting originals.
11. An entry form must accompany all entries.
12. Entries must be submitted by October 31, 2002.



Garth Irwin leading *It's Better to Gibbon than to Recede* (5.10d) at Jones Rhode.

### Categories:

1. Rock Climbing
2. Mountain Landscape
3. Mountain Climbing
4. Ice Climbing
5. Skiing (cross country or backcountry - no downhill resort photos)

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## Alpine Club of Canada - Manitoba Section Photo Contest 2002 Entry Form



Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

ACC Member Number: \_\_\_\_\_

Please indicate number of prints entered in each category:

- |                               |                         |
|-------------------------------|-------------------------|
| 1. Rock Climbing              | Number of entries _____ |
| 2. Mountain Landscape         | Number of entries _____ |
| 3. Mountain Climbing          | Number of entries _____ |
| 4. Ice Climbing               | Number of entries _____ |
| 5. Skiing                     | Number of entries _____ |
| Total number of entries _____ |                         |

Entering the contest constitutes participant's acceptance of the contest rules.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Entries must be submitted by **October 31, 2002**

Mail to:  
ACC Photo Contest  
c/o Simon Statkewich  
139 Lawndale Ave.  
Winnipeg, Manitoba  
R2H 1T2

Questions may be directed to:  
Simon Statkewich  
(204) 237-0798  
simon@rubicon.net



Kevin Koo climbing *The Shadow* (5.10a) at the Panorama Club Climb. Photo by Fariborz Hashemian.



Christine Mazur approaching her belayer, Gregor Brandt, at the top of *The Doctor, the Condor, the Buffer and his Bosch* (5.8), Jones Rhode. Photo by Janice Liwanag.

## Now Online: Alpine Accidents in Canada

By *Edwina Podemski, Safety Chair  
Alpine Club of Canada  
Edmonton Section*

We are pleased to report that the Alpine Accidents in Canada database project is up and running on the ACC Edmonton section website at:

[www.alpineclub-edm.org/accidents/index.asp](http://www.alpineclub-edm.org/accidents/index.asp)

We still are looking for accident report submissions and photographs. A complete list of the photos required is uploaded here in text format:

[www.alpineclub-edm.org/accidents/PhotosRequired.txt](http://www.alpineclub-edm.org/accidents/PhotosRequired.txt)

Our goal in providing this online service is to prevent future accidents through education. It is our hope that outdoor enthusiasts may learn from the mistakes and misfortunes experienced by others and thus avoid repeating them.

The historical accident reports included in the database were taken primarily from reports of accidents which occurred between 1967 to 2001, published between 1969 to 2002 in "Accidents in North American Mountaineering" an annual joint publication of the American Alpine Club and Alpine Club of Canada. Additional accident reports were received from various wardens and public safety officials, including Burke Duncan, public Safety Assistant for the Canmore area. Avalanche reports for self propelled activities were taken from "Avalanche Accidents in Canada, a selection of Case Histories, 1955 to 1976" by C.J. Stetham and P.A. Shaerer and "Avalanche Accidents in Canada, Volume 4, 1984 to 1996" by Bruce Jaimeson and Torsten Geldsetzer for the Canadian Avalanche Association ([www.avalanche.ca](http://www.avalanche.ca)). Updated avalanche information was obtained from the Cyberspace Snow and Avalanche Center (CSAC) at [www.csac.org](http://www.csac.org), and from the Westwide Avalanche Network at [www.avalanche.org](http://www.avalanche.org).

The Webmasters (Edwina Podemski

and Chris Wood) wish to acknowledge Nancy Hansen for her invaluable assistance throughout. We thank Renee Polziehn for preparing various funding applications and proposals. We thank David P. Jones for taking an interest and providing photos, corrections and additions to the Selkirks area information. We also thank Alan Kane for his extensive photo collection of locations in the Canadian Rockies and southern Selkirks. Mark Lord provided Ontario rock climbing and Lake Louise rescue photos. Marion Mayerhofer provided many of the rescue photos used on the site and for the banners. Thanks also to Ernst Bergmann and Reinhold Mayerhofer for their various route, avalanche, and rescue photos and to Gayle Burritt for typing the avalanche data.

If you wish to report a new accident or submit changes or corrections (including typographical errors) to any of the reported data, please e-mail us at [cwep@compusmart.ab.ca](mailto:cwep@compusmart.ab.ca). Accuracy is important to us and we want your feedback. Proposed changes or corrections will be verified before being made. Both new and historical accident reports will be added on an ongoing basis as data becomes available.

Route or rescue photos are always welcome and the photographer will receive credit. We also welcome the submission of safety articles and are happy to receive constructive criticism or suggestions for additional features.

Enjoy the site and play safe in the outdoors!

**Climbing Shoes  
for Sale!**

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 www.selkirkexperience.com

# Thank You!

The ACC Manitoba Section would like to thank the following people for their contributions to the Club:

- Rob Chisnall, for sharing his knowledge and enthusiasm in the two courses that he lead this summer: Instructor Level II & II, and Advanced Cliff Rescue Techniques.
- All the volunteers of the climbing courses and the club climbs so far this year - these events wouldn't be successful without you!
- Jake Klassen, for his usual Herculean trail maintenance at the cliffs.

*If you would like to include a "thank you" to a club member in the newsletter, please submit it to the editor.*

## Alpine Club of Canada - Manitoba Section Membership Application Form

Name: \_\_\_\_\_

Partner Name: \_\_\_\_\_

Dependents: \_\_\_\_\_

Postal Address: \_\_\_\_\_  
 \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone # (H) \_\_\_\_\_ (W) \_\_\_\_\_

Paid By: Cheque  Cash  Visa  MasterCard

Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_

Signature : \_\_\_\_\_

### ACC Manitoba Section Membership Fees (GST included in all fees)

#### Basic Membership

Adult (18 years and older)	\$30	_____
Junior (under 18 years)	\$17	_____
Family (2 adults and their children)	\$46	_____

#### Optional Upgrades

Canadian Alpine Journal (CAJ)	\$23	_____
Facilities/Huts—Adult	\$22	_____
Facilities/Huts—Junior	\$22	_____
Facilities/Huts—Family	\$44	_____
Combined CAJ & Facilities—Adult	\$39	_____
Combined CAJ & Facilities—Junior	\$39	_____
Combined CAJ & Facilities—Family	\$59	_____

**Total Fees (basic membership + upgrades )** \_\_\_\_\_

**Return to:** The Alpine Club of Canada  
 P.O. Box 8040 Canmore, AB, T1W 2T8  
**Or Call:** (403) 678-3200  
**Or Fax to:** (403) 678-3224

# Rob Chisnall to the Rescue

By Janice Liwanag

If it wasn't for Rob Chisnall, Herbie Gweedlemeyer would have fallen to his death ten times over. Rob is the author and editor of the ORCA Rock Safety Climbing manual and an expert in knots and ligatures. Herbie is Rob's imaginary climbing partner who always seems to get himself into trouble on the cliff. Rob regularly has to save Herbie from becoming a comatose pancake.



On June 14-16, ten Manitoba Section members learned how to save climbers like the perpetually injured and unconscious Herbie in an action-packed Advanced Cliff Rescue course led by Rob Chisnall. The first day of the course took place at Vertical Adventures, where the group learned the basic steps of cliff rescue and practised tying knots, rigging pulley systems, and setting up rescue-friendly anchors. On the following two days, participants paired up and put their skills to the test at Gooseneck Cliff in Northwestern Ontario.



With the help of Herbie, Rob showed the group how to rescue a fallen lead climber in several desperate scenarios. Club members then practised rescuing each other using a variety of techniques such as the handy "escape from the belay", the 3-1 pulley system, the counter-balanced rappel, and the self-belay. Each rescue was physically and mentally intense, and required every piece of gear imaginable—it seemed that there simply weren't enough 'biners or slings to do the job easily.

Participants really got a sense of how prepared (or unprepared) they would be in a disastrous situation at the cliff.

At the end of the course, everyone left feeling more confident about their rescuing skills and agreed that the 3-day event was time and money well spent. There was so much to learn in so little time—Rob Chisnall's energetic and thorough approach was appreciated by the members. Thanks Rob, we hope you come back to teach another course!



Above: Rob and his rescue gear (notice all the locking 'biners—can't have too many in a rescue attempt). Left: Jake Klassen waves humbly to a cheering crowd of course participants as he rescues the helplessly limp Craig Spakowski. Luckily Craig only suffered discomfort from insect bites and prolonged dangling in his harness. Photos by Gregor Brandt.

# National ACC Board Meeting Report

By Simon Statkewich

I had the pleasure of attending the National Board Meeting and AGM in Vancouver this May 11 and 12. This is the first time in recent history that a board meeting was held in any place other than Canmore. Thanks to the Vancouver section for organizing and hosting the meetings. Pre-meeting activities were arranged to get a taste of what type of activities people on the West Coast enjoy. I had the pleasure of participating in a day of sea kayaking and have to say it is really a lot of fun!

The next few days were not quite as exhilarating as riding the swells on the ocean but business was discussed and here is a brief summary of the meeting highlights.

The biggest news was that the club is getting bigger, a whole new section bigger. The Club Vertige in the Outaouais region of Quebec is now the newest section to be added to the ACC. They will be called section Outaouais. This is important to the ACC as there are not very many sections in the east.

The clubhouse now has high speed Internet hooked up which will help make booking easier and eventually facilitate new online services. The idea of opening a Canadian mountaineering museum was discussed and will be looked into for the Canmore area. This year's Canadian Alpine Journal is one of the most elegant issues ever to be published and has received a good review from *Gripped Magazine*.

Complete minutes of the meeting can be read and downloaded from the national Alpine Club website at [www.alpineclubofcanada.ca](http://www.alpineclubofcanada.ca)

## "Osborne Shuffle" Snacks 'n Beer Friday, August 9

Start off your weekend with a bang! Share a drink or two with club members in the watering holes of lively Osborne Village.

Contact Fraoch Shepherd at (204) 947-3608 for details.

# ACC Event Calendar - August and September

## Club Climbs

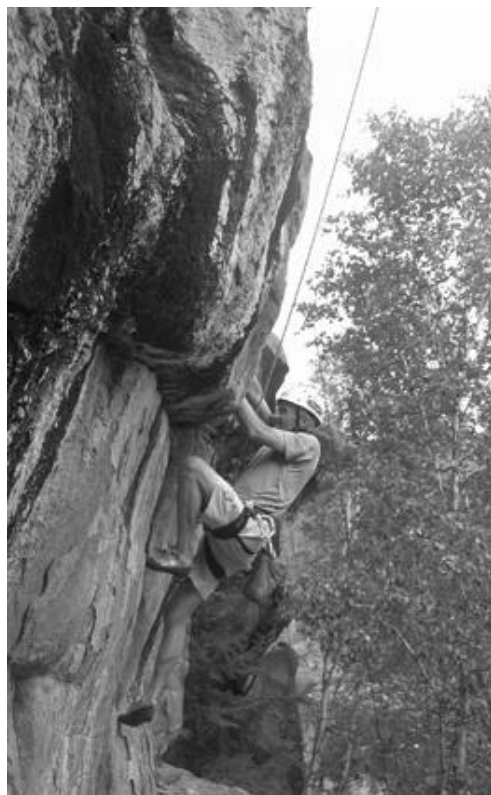
**Cost:** Free for Manitoba Section members (You **must** show your ACC membership card); \$5 for non-members.

**Gear rental:** Members and non-members can rent a harness for \$5. Ropes and helmets will be supplied free of charge.

**To sign up:** Contact the trip leader before the day of the club climb (preferably a week prior). They will arrange a meeting time and place.

### NOTE:

- All participants must sign a waiver before climbing.
- Helmets must be worn while belaying.



Bill Llewellyn on *El Bruto* (5.10c) at the July 20 Gooseneck Club Climb. Photo by Gregor Brandt.

Date*	Event	Contact
Aug 9	"Osborne Shuffle" Snacks 'n Beer Social Event	Fraoch Shephard (204) 947-3608
Aug 10	Gooseneck Club Climb Easy to difficult	Pat Dillistone (204) 783-9452 patsprt@ilos.net
Aug 17	Panorama Club Climb Moderate to difficult	Bruce Kennedy (204) 944-0761
Aug 21	Club Bike Ride (Winnipeg)	Gord's Ski and Bike (204) 284-2952
Aug 24	Jones Rhode Club Climb Easy to difficult	Kenton Frith (204) 886-2677 kfrith@priority.mb.ca
Aug 25-31	"Experience the Rockies" Mountaineering trip	Simon Statkewich (204) 237-0798 simon@rubicon.net
Sept 7	The Narrows Club Climb Moderate to difficult	Rob Hester (204) 487-1947 robhester@shaw.ca
Sept 9	Assiniboine Park Rollerblade (possibly a stop at Sargeant Sundae!) Rentals from Gord's Cycle and Ski	Fraoch Shephard (204) 947-3608
Sept 14	Gooseneck Club Climb Easy to difficult	Simon Statkewich (204) 237-0798 simon@rubicon.net
Sept 14-15	Women's Bouldering Weekend Sherwood, Crack City, Jones Rhode, The Narrows	Valerie Chan (204) 897-2394 vchan@ucs-unicity.com
Sept 21	Pic Lake Club Climb (A bit isolated, make it a weekend. Likely need a canoe.)	Jake Klassen (204) 632-1756 (h) (204) 632-5001 (w) vertadv@ilos.net
Sept 25	Bike Ride and BBQ Bird's Hill Park	Fraoch Shephard (204) 947-3608
Sept 28	Lover's Leap Club Climb Difficult	Ken Apostle (204) 775-1654 kapostle@mts.net

\*Subject to change without notice.