

Cliff Notes

The Alpine Club of Canada Manitoba Section Newsletter—Mar 2009

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www.alpine-club.mb.ca

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A Massive Undertaking!

Doug Streifl

What is that possesses an individual to wake up one morning and set a goal of climbing the highest mountain on every continent. Keeping in mind I've done nothing more than maybe some tough hiking. This goal being called climbing the seven summits.

About 5 or so years ago I was lucky recipient with odds of 1 in every 100,000, to be diagnosed with an acoustic neuroma. In laymans term a brain tumor. I guess I could blame this on my desire to start mountaineering and wanting to climb big peaks, but truth be known, I have always had a love for the mountains, I just never appreciated them the way they should be appreciated. From the top.

Considering the size of the tumor (XL) the surgery went as good as could be expected. However it left me with a number of side effects, one being, quick movement would trigger vertigo like symptoms, some balance issues, (really good for a climber) plus a few others.

For someone who was very active in the Tae Kwon Do community, this was not a good thing. With always being the active type a new

activity was now required, climbing and mountaineering instantly came to mind. Having a love for the mountains and adventure, I jumped into my new hobby with both feet. I took classes with my son at the local climbing gym in Winnipeg "Vertical Adventures" as well as courses in the Columbia Ice-fields. I joined the local chapter of the Alpine Club of Canada and went on a day trips with them.

I can't say enough about the people in this club. Two raw rookies (my son and myself) along on there day trip and all they were concerned about was that my son and myself enjoyed ourselves, they didn't even climb themselves.

I truly regret not having gotten involved with this sport years ago, but better late than never.

Setting ridiculous goals is not uncommon for me, wanting to retire at 40 has gone by the wayside. (Yeah right) But climbing the 7 Summits while just a novice and at 45 years of age had even me wondering if the surgeons took out more than they should have.



Mt. Kilimanjaro—Courtesy junglephotos.com

But now with a goal I trudged on. I trained and researched what would be the best way to approach this craziness. Initially I was thinking South Americas Aconcagua would be a good place to start. At over 23000 feet, for most this alone would be more than a lifelong goal. But I had an excuse. I had brain surgery, and had a reason for my, what some people might consider insanity.

Continued on Pg 3...



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Simon Says:

As the Manitoba winter rolls on towards spring the club has offered some great opportunities to get out and enjoy what the season has to offer. The Minaki Yurt weekend in January was fantastic as we enjoyed a brief reprieve from the bitter cold. Cairns cabin in Riding mountain, also an amazing destination for a weekend outing, was a spectacular ski with a fresh layer of white powder on the trees, almost mystical! Good times and good food shared by all!

It is hard to believe that another Banff Mountain Film Festival is over! This year we had the best turn out ever for Manitoba! 1139 people were in attendance at the historic Burton Cummings theatre. The show went extremely well with no major problems, unlike our friends in Thunder bay who had a quarter of a million dollar sound board deiced to check out that night. Apparently there was a spare on hand (go figure!) and with a short unplanned intermission their crew had things back up and running. Thanks to all of our volunteers for helping to make the Winnipeg show a great success! The proceeds from the festival **go towards running club events, programs and gear purchases for the next year. I encourage everyone to come out and enjoy what the club has to offer.**

"Be the slack line"

Simon

Secretary speaks!:

Greetings from your fearless secretary! Many of you have been me sending positive feedback about the "Manitoba Section NEWS" emails I've been sending out -- thanks for the kudos! Please feel free to send me any items you think may be of interest to our members. All email addresses are downloaded form the master database that is maintained at the ACC office in Canmore -- so please keep your contact information up-to-date at https://admin.alpineclubofcanada.ca/my_profile

Cheers!
Len Chackowsky

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 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:

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Executive Meetings

Executive meetings are held monthly. Contact our secretary, Len Chackowsky for details on where and when the next meeting will be held.

You can also contact Len to see Manitoba section's minutes or financial records.

E-mail: len.chackowsky@shaw.ca

What I Did at Prairie Pump

Toni Wilson

Prairie Pump is a local climbing competition heading for a 20-year history. It first started outdoors and moved into the more climate-controlled environs of Vertical Adventures. For a time it was co-hosted by the Manitoba section of the Alpine club.

The “comp” consists of several categories. There is the youth, women’s, novice, intermediate and expert men’s. There was a plea for a senior’s category. Maybe next year?

This year saw quite a few changes. The gym had undergone a change of ownership and renovations galore (*Ed note: see later in the issue for more on this*)

So, what does a grandma and occasional climber do at a competition?

I went in early on Saturday morning and woke up the remaining die-hard route setter who had stayed up all night creating climbs for the eager climbers. Then I helped them tidy up the chaos created. Holds and bolts and bits of duct tape strewn everywhere!

Soon the first youth and their parents started to trickle in and the registration frenzy began. Who has paid, do you have your t-shirt, score card, free chips?

The climbers get a walk through the gym, explaining the rules and pointing out where each route goes. Then the climbing gets going. With the adults the rules are adhered to fairly closely but with the kids they get bent near to breaking. Better a rule than their hearts.

The adult registration is much like the youth only less organized. Everyone is greeting old friends, exchanging news, injuries and bragging.

Editor’s Note:

You know the saying about best laid plans.....

Well, my goal was to have my first newsletter out by the end of January. Well, the end of January came and went and no newsletter. Then mid February, then end of February. So after struggling with software issues, I have fallen back to doing this on Publisher (much to our Printer’s chagrin!). My ideal plan is to distribute the newsletter 4 times a year: Once after the Film Festival at the end of January, once at the end of April with the climbing calendar, once in September with a recap of the summer climbing season and once in November with the winter activities list. Since I have now put that in print you can track my progress and see how well I keep to that!



Photo Credit goes here. This is Dana Mackie’s Picture.

This competition seems to be an excuse to get together and show off moves. There are cheers for successes and groans for missed holds. The spectators are mainly the other competitors waiting in line. This is the least competitive atmosphere anywhere. Belaying gives me a chance to see how different climbers approach the same problem and get tips.

The top six women and men climbers wowed everyone with their amazing prowess the next day. A short award/prize give out ceremony was followed with a plea for

people to stay and help put the gym back together. Ladders, cases of holds, bolts and more duct tape are hauled out creating chaos once again. Piazza anyone?

So what did this non-competitive granny do at a climbing competition? She had FUN!!

And got a neat t-shirt.

It’s important to remember that this is your newsletter; while I plan to increase the content, it doesn’t do the club much good if I am writing all the articles or sourcing information from the internet (my goal is 10-12 pages). So if you have done something that club members may find interesting—it doesn’t have to be climbing, can be biking, hiking or other outdoor activities, why not submit an article for publication? And it’s not just writing I’m looking for—each month we’ll have one page dedicated to member pictures. Hopefully we’ll have enough to have a picture contest in the fall with more of the newsletter dedicated to pictures. So remember, it’s your newsletter and it’s only as good as what you submit!

A Massive Undertaking! (Continued from page 1)

This Aconcagua journey was somewhat short lived. After talking with a couple of climbing companies, one in particular based out of Canmore. It was recommended to me to try Mount Kilimanjaro in Tanzania first, not nearly as high, weather far more predictable and porters to carry most of the gear.

So Kilimanjaro is where it would begin.

While researching on what company I would use to take me on my trek. (you must hire a company to guide you up Kilimanjaro) I ramped up my training. Hiking 8 to 10 km 4 or 5 times a week with a 50 pound pack, regardless of weather conditions. Many a night the thermometer was below

-50c, the mountain after all dictates the weather, you don't. So getting used to running around in the cold and snow would no doubt prove beneficial if the weather turned bad.

After booking my flight. Thank you airmiles, and contacting the Marangu Hotel, (the outfitter I had decided to use) with requested route and date, all I had to do was pack and get myself to the airport. The flight via Northwest and KLM took in all about 40 hours. But with all the on demand movies and food that was brought around, (yes they fed me and it wasn't half bad) it was nowhere near as bad as I thought it would be.

After a couple plane changes and argueably the worst breakfast I ever had. Note for travellers. Do not eat breakfast in the foodcourt at Schipol airport in Amsterdam, we finally touched down at Kilimanjaro International airport, yes the mountain has its own airport. But this was where the fun was just starting. Keep in mind I have been up nearly 48 hours.

I had gotten my Tanzanian entry visa prior to my arrival from the consulate in Ottawa. This I was told was to get me through customs very quickly. How wrong they were. Kaos was the word of the day at the point of entry. There was 300 plus people in an area that was built to handle maybe 100.

Lines were forming everywhere, and going nowhere. Finally after I'm guessing an hour, 2 immigration employees showed up and proceeded to do nothing.

Actually nothing is being a little harsh. One was reading a pocket book and the other (I kid you not) was staring at the wall.

This went on for close to 2 hours, (again no exaggeration) at which point they started stamping the visas and taking our pictures with a web cam. This was the extent of clearing customs, no questions asked, just look in the camera. You left when they said next.

After clearing customs I proceeded to the luggage area and miraculously all my bags had arrived.

I had previously arranged with the hotel to have a driver meet me for transfer to the hotel. But after talking with the guy with my name on a sign, (whom I will from this point on refer to as the GUY) I learned my driver had been involved in an accident and would be about 10 or 15 minutes more. A lot crossed my mind at this point, how bad was the accident, whose fault was it, was my driver at fault. Keep in mind I landed about 4 hours previous to this, so I would have been waiting for 4 hours had I got through customs in quick order. So every 15 or 20 minutes I asked the "GUY" where my ride was and he was still saying, "He will be here in 10 or 15 minutes". This went on for over 2 hours. The Seinfeld Chinese food restaurant episode immediately came to mind. For those that watch the show you know what I'm talking about.

It was another hour when finally my ride had arrived. My very apologetic driver loaded me up and we were off. On the way I was shown the police station where he had to fill out a bunch of forms and promise to come back the next day to pay damages to the person he backed into to. He had broken someone's signal light.

How many tourists can claim to have

gotten a tour of the Kilimanjaro police station and not from the inside of a cell? It's not in any guide books I'm aware of.

After driving for about 90 minutes we arrived where I was greeted and shown to my room. After about 3 hours sleep I got up for breakfast and checked out the grounds.

My first day was free as I expected to be worn out from the flight and a 9 hour time differential. I was however quite fresh and decided to join 2 others staying at the hotel, one of whom was halfway through his around the world journey via motorcycle. (how cool is that) The other was heading up the mountain the same day as me with a group of 7 others.

We took a tour of the surrounding area and towns and saw a beautiful waterfall in a valley.

The people here live very simple lives, their homes are made of clay and they share them with their goats and cows. Mud floors, no doors. No power, cooking is done in a pit in one of the rooms over a fire. Water is carried from a river to their home.

The average monthly salary is in the neighbourhood of 60 or 70 dollars. They are beyond poor, but they seem quite happy and content. I'm glad I had brought sweatshirts and T-shirts for my porters and guide, as most of the people I saw were wearing clothing which had seen better days.

After a good dinner I retired early knowing that in the morning I would begin the trek.

The drive to the park gate took 15 minutes and after signing in and paying the park fees. (About 90.00 US per day) we were on our way. I started up with the group that was staying at my hotel. There was a total of 8 including Matt, the guy I had met the day before. They were from all over the world. One of the group members set the pace the first day and it was very fast, we were even passing porters and catching

groups that had left hours earlier. This is a big no no. I could tell the head guide for their group was not pleased; my guide kept shaking his head.

We all had supper together that night, and that would be the last I saw of them until they were on their way down. I was giving myself extra time on the mountain as I moved up to better acclimatize.

As they left on day 2 I wished them all luck in reaching the summit.

Camp 1 or Mandara was a number of 8 person huts, separated in the middle by a wall. There were also huts for the guides and a larger dining hut/building. They had solar lighting in the huts but no outside lights anywhere. When the sun went down it was pitch black.

I had 2 roommates the 1st night. A guy from Colorado who was making his 3rd attempt at the summit and another guy from Spain. I talked to the Spaniards guide for a while and according to him, The Spaniard had climbed all over the world including the Himalayas and that he had never climbed with a stronger climber. He, (the guide) was unable to keep up to him. He summited from high camp and was back to camp 1 by 11:00 am, and only stayed because his wife was still on safari.

His decision to stay at camp 1 (Mandara) rather than go all the way back was one that affected our entire hut, quite possibly the whole camp. The noises that came out of his nose and mouth were unlike anything I had ever heard, (keep in mind we were in the jungle) plus he had his volume turned up to high. To say he was loud would not do him justice. It was relentless and did not let up for the entire night. As a result I got no sleep the first night.

At one point in the night I went and sat outside, and with a clear sky above I had never seen so many stars. For those who live in an area that has light pollution, you would not be able to appreciate it unless you saw it yourself. By the way it was loud outside as well and it wasn't from the wildlife.

When he went for breakfast I asked Mike, my other roommate how he slept, and he said ok. This I was to learn later in the week was a lie.

On the second day I took an acclimatization hike about a half of the way up to camp 2, and on the way took a slight detour to the Maundi Crater. This is a collapsed caldera of an extinct (I think) volcano. We got back around 1:00 PM where I just relaxed and wandered around camp.

After a pretty good sleep and breakfast (the usual bacon and eggs) we headed up to Horombo, camp 2. I was in no rush in getting going, as again I would spend 2 nights acclimatizing. This is a benefit of climbing by ones self.

This camp is set at about 12000 feet. As we climbed higher we moved through the clouds and as camp 2 came into view it was if we were floating on top of the clouds. Horombo is actually quite nice. A small stream runs through the campsite and there are nice views at the backside of where the huts are situated. I spent some of my time helping a crew build a new larger dining hut, as the one currently in use was always crowded.

After 2 nights here we headed for high camp. I felt stronger than when I started and was eating and sleeping well. I was very confident that I would soon be on the summit.

Our pace today was typical of others and it was difficult to not go faster. But acclimatization is the key and going slowly or "pole pole" as it is said in Swahili aids in this.

The landscape as you cross the saddle resembled pictures of Mars. Totally barren, with a few rocks strewn about. Not a place where you would want a vacation home.

I started to have some altitude issues about 30 minutes from high camp. Nothing serious, just some pressure in my head, not unlike being badly congested.

I have to mention a funny encounter we had while crossing the saddle.

A somewhat large vulture was circling us for about an hour. After a while he landed about 50 feet behind us on the trail and then followed us on foot for another hour. If we stopped he stopped. I asked my guide if the bird knew something we didn't.

By the time we arrived at high camp (Kibo) the pressure in my head had progressed to a mild headache, not a big deal as this was to be expected as we were now approaching 16000 feet. I took some Tylenol and started drinking even more water.

An hour or so after arriving I started to get my gear ready for the next day's summit bid and without warning was stricken with a headache unlike anything I ever experienced. The pain was so great I had to sit down. My eyes were watering and I was overcome by nausea. I took more Tylenol and tried to drink more water, but nothing helped. After a few hours it had not subsided and at this time I was concerned that a summit bid might not be in the books.

I talked with my guide and he said we should head down, as the pain had not gotten better. I wanted to wait and see, as I knew that if I left I would not be back. I lasted until early next morning, and with little or no change. It was time for me to go, I had left it to long as it was. I couldn't believe how quick the AMS was to hit. From feeling good to a state of debilitation within literally seconds was pretty scary.

I did make an attempt to move higher prior to heading down but it was pointless. After half an hour I had trouble keeping my eyes open, it really was time to go, even if the symptoms didn't get worse I could not continue in the shape I was in.

Charlie was happy I decided to go back down, he didn't want to be the one to tell me that we had to descend.

After packing up we started down, I was terribly disappointed, after training so hard and coming so far to not even attempt going for the summit was a real downer.

A Massive Undertaking! (Continued from page 5)

After just 30 minutes of descent I was back to normal, the headache was just a distant memory. It's funny how a difference of a few hundred feet in elevation can affect you so drastically.

As you take a journey of this type, whether with a group or by yourself, you are alone in your thoughts for a good portion of the time. The more I thought about my failure to summit the more my disappointment diminished. I know I had trained harder than most for this adventure. I did everything right, or at least I think I did.

I thought of all the positives. I had gone quite high without any issues at all; physically I was just as strong on the last day as I was on the 1st day, maybe even more so. I had a great adventure even if it wasn't what I wanted and the mountain wasn't going anywhere. I could always try again. One's health and life is far more important than summiting a mountain, and this thought would be further emphasized a few thousand feet lower when Charlie got a call (remember there is cell service on this mountain, the signal coming from Arusha) that his niece had passed away suddenly the night before. Apparently she had not felt well that night and died shortly after being admitted to hospital. She was in her early 20's and not sick a day in her life. Upon hearing this I suggested that maybe it best if we went all the way to the bottom so he could be with his family a day sooner. The drop was about 11000 feet in about 6 or 7 hours quite rapid and not advisable. I paid dearly by being unable to walk very well for 4 or 5 days. Muscles I rarely used were so stiff that getting out of a chair was a chore.

While having dinner that night I was already contemplating my return. I wasn't going to give up. I already have a new training plan in place, granted theirs not much more I could do to get my body ready for a high altitude trek espe-

cially when living at near sea level. But I will be stronger and hopefully that will pay off.

I was very happy with my crew and will use them again.

I read somewhere that climbing Kilimanjaro is an extraordinary trek for ordinary people. Extraordinary it is, but there is nothing ordinary about severe AMS. If you are looking for an adventure that is doable for many, I highly recommend it. If not already, get yourself in shape and give it a go. Whether you summit or not you will not be disappointed. The people are wonderful, friendly and caring. The country although poor is beautiful.

Good luck in your adventures and travels. Hope to see you on the top.

I first thought of writing this story after reading a request for stories for the Alpine Clubs newsletter. I didn't know how readers would view an unsuccessful summit attempt on a non technical mountain, but after some thought I knew there were and will be many who fail to reach their goal. Although one might fail, it isn't a failure, if one attempts what most wouldn't even think of trying. So for those who have goals however ambitious or crazy, get yourself ready and give it a shot. Maybe you succeed maybe you don't. But by trying at least you will know, and you will have fun trying.

I am currently in the planning process of either a May/June or failing that a September journey to try once again to reach the top.

Interested in Becoming a Trip Leader or Helping out with a Club Climb?

Help!

Our trip leaders need a hand. Not applause or a pat on the back, nice as they are but some assistance.

Here is an opportunity to check it out. No experience necessary, no contracts!

Rob Chisnell is booked in May for lots of great learning sessions. This is a great chance to learn new skills.

We are meeting on St. Patrick's Day for a roundtable discussion. Dinner will be provided and possibly green cupcakes.

For more information or to RSVP and get directions contact Toni 334-5033 or catnip@mts.net

Experience the Mountains, Aug 1-8, 2009



Each year since 2002 the Manitoba Section of the Alpine Club has offered to its members one week of exciting alpine adventure in the Rocky Mountains. This year will be a crossing of the Wapta Icefields from Bow Lake south to Kicking Horse Pass. We will stay at Bow Hut, Balfour Hut (R.J. Ritchie) and Scott Duncan Hut. The trip will include hiking, scrambling, traversing snow slopes and a lot of glacier travel all in spectacular places. It will also include the ascent of a number of mountain peaks, such as St. Nicholas, Balfour and Daly.

Participants must be members of the ACC Manitoba Section who are physically fit and have at least some basic knowledge of ropework and rock climbing, but not necessarily any mountaineering experience. A limited amount of training will be available before the trip in mountaineering techniques and glacier travel.

On Top of Vulture Glacier—Peter Aitchison

The approximate cost is \$300/person for the accommodation and Wilderness Passes. Other costs include food, transportation to the Rocky Mountains, a National Park Pass if you take your own vehicle and your personal gear (boots, clothing, backpack and mountaineering gear – some of which can be rented).

There will be a maximum of 12 participants accepted on a first-served basis, so sign up soon! Contact: Peter Aitchison (204) 582-0340, Email: aitchis@mts.net.

For more information see the Alpine Club website for a description of the huts:

<http://www.alpineclubofcanada.ca/facility/bow.html>

<http://www.alpineclubofcanada.ca/facility/balfour.html>

<http://www.alpineclubofcanada.ca/facility/scott.html>

An interesting description of the trip, with pictures, by another group can be found at the website below. However, this was a winter trip and the dangers they mention were a result of winter snow conditions that we will not encounter and we will not be using skis.

<http://www.dowclimbing.com/WaptaIcefields.html>



Balfour Glacier—Peter Aitchison

A Round of Applause For Our Volunteers, Please!

Stefanie Gignac

I am a Road Warrior: my job consists in bringing and presenting the Banff Mountain Film Festival to communities across North America. As an on-site coordinator, I make certain that everything comes together and flows well during the evening. In order to do so, I need a team of solid volunteers, folks that work hard behind the scenes and that are often not recognized for their time and effort.

The BMFF visits over 275 communities worldwide. Often used as a fundraiser (in the case of Winnipeg, profits go to fund the ACC Manitoba Section's activities for the year) or promoter for a local business or school, the tour hosts, folks that organize and pay for bringing the films to town, do it first and foremost as a service to the community: in most places, the festival is a much anticipated event that people look forward to all year. It is a time where they can have a great time while being inspired. But as they cheer for the films and great prizes to be won, I have to wonder if they know the amount of work that was required in making their evening a success.

The planning for the Winnipeg event begins as soon as the current screening ends: over the next week, the volun-

teers will gather at a meeting and discuss what went well and what needs work, and start making plans for the next BMFF event, often booking a venue immediately, contacting Banff to renew the contract and filling in reports. Throughout the summer ACC monthly meetings, ideas will be brought to the table, the event slowly taking shape.

Early fall brings regular meetings where the BMFF committee, as often called in many places I visited, finalize contracts with the theatre and rent audio/visual equipment, a task not as simple as it may seem. Tickets need to be designed and printed as are the

posters that will later need to be delivered all over town. The group will also discuss ways to promote the event and start contacting local newspapers and TV stations, as well as posting advertising on the internet through Facebook and others. Local hosts are also given the option to create a promo DVD that they can screen before the films: photos need to be collected for the slide show which has to be put together professionally and be sent to Banff for approval weeks before the actual screening, a difficult task when images and information are sometimes made available only at the last minute. The wonderful prizes drawn at intermission don't magically appear on stage: local sponsors need to be recruited and items need to be collected the day of the screening, bundled into packages and organized in order to make the prize draw quick and efficient and making sure all sponsors get recognized. Winnipeg is one of the most spoiled audiences when it comes to prizes donated by local sponsors and rarely do hosts go out of their way to get a mountain bike trials rider to kick off the evening! It's all those little details that contribute in making the night fun. All tasks are shared and everyone puts in a lot of time and effort, volunteer work that is paid off only by a few slices of pizza: what drives people is the great satisfaction of offering such an event to the community and the pride of making it successful.

The day of the show, I watch as the team works together at making it all happen. As I am busy with DVD play-



BMFF Volunteers at the Manitoba section booth Photo: Stefanie Gignac



Trials rider leaps kayak at BMFF.

Photo: Stefanie Gignac

ers and projector, setting up the technical aspect, booths are erected in the lobby, tables with ballots and pencils are setup for the prize draw and banners hung on the walls. On top of the regular Winnipeg BMFF “committee”, about 15 to 20 other volunteers are required to man the theatre on the night of the event: tickets need to be collected, magazines distributed, ushers to direct patrons, etc... As the first few films roll, some have to stay behind to count tickets and tend to other mat-

ters, often missing part of the show they worked so hard to put together.

The Manitoba Section of the ACC is fortunate to have such a great group of dedicated volunteers, be it for the film festival or for organizing and leading fantastic trips in the outdoors throughout the year. They dedicate a lot of their personal time, simply out of passion, to help the club prosper and offer the community opportunities to engage in outdoor activities within a safe and fun environment. I really think they

deserve an extra big round of applause.

A very special thanks to the 2009 BMFF committee: Curt, Simon, Len, Peter, Brian, Charlotte, Tibor, Doug, Bruce, Wendy, David and all the others that helped on the night of the show!

Member Benefits? Of Course! Lots of them!!

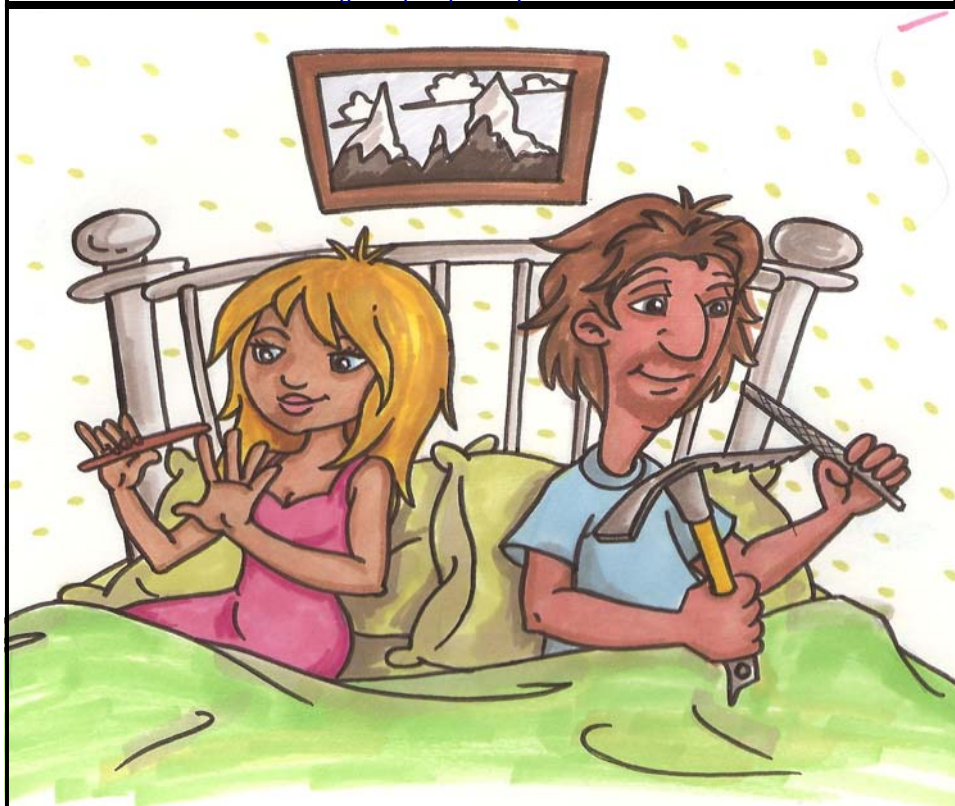
There are lots of benefits to being a member of the Manitoba Section of the Alpine Club. Each month we'll highlight a different member benefit!

This Month's Benefit—Discounts at a local climbing Gym!!

Members of the Manitoba Section of the Alpine Club of Canada receive discounted admission at Vertical Adventures, 77 Paramount Road!

Come out to Vertical Adventures on Wednesday Nights, and pay only \$5 admission instead of the regular \$14. Yup, for the cost of a fancy schmancy starbucks coffee you can partake in an evening full of climbing! And even better, meet up with other members of the Manitoba Section and plan climbing trips, and discuss volunteering as club climb leaders, and ... well maybe not, but for \$5 for a night of climbing is pretty sweet. Note though that if you haven't been since the change in management, you will need to take a belay test for \$5. Also note that gri-gris are no longer provided—you'll have to bring your own ATC, but think of the practice you'll be able to get in for the summer climbing season!

A Well known local climbing couple perhaps? - ed.



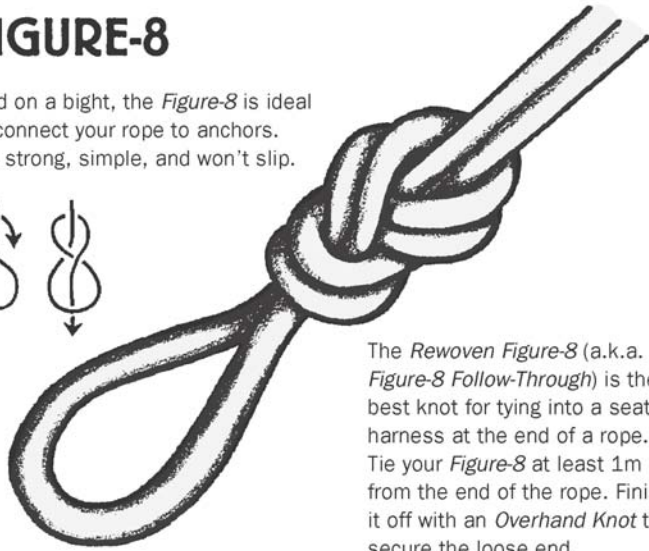
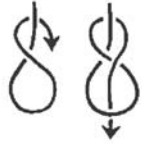
Cartoon courtesy Stephanie Gignac.

TOP CLIMBING KNOTS

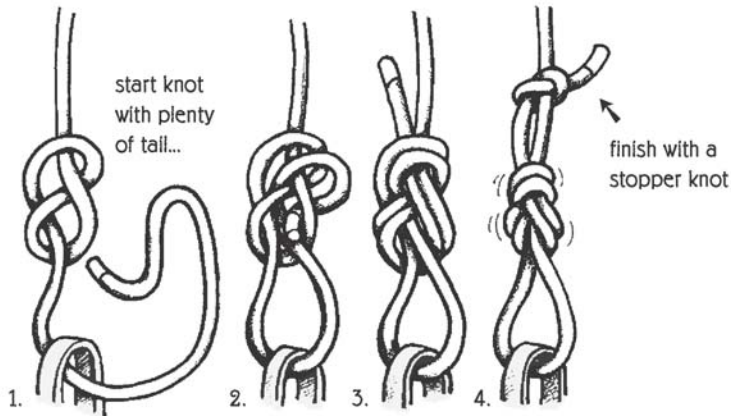
Knot of the Month

FIGURE-8

Tied on a bight, the *Figure-8* is ideal to connect your rope to anchors. It's strong, simple, and won't slip.



The *Rewoven Figure-8* (a.k.a. the *Figure-8 Follow-Through*) is the best knot for tying into a seat harness at the end of a rope. Tie your *Figure-8* at least 1m from the end of the rope. Finish it off with an *Overhand Knot* to secure the loose end.



Each month we'll be featuring a reprint of a knot from the top climbing knots book. This month the classic figure eight knot.

Send in your Pics!!

In future issues, we'll be featuring a minimum of one page dedicated to your pictures. Climbing, hiking, cycling, paddling, whatever you have done outdoors. Send them in and we'll print your pics!

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From left to right :
Frank Pianka, Brian Gilchrist, Kirsten Maki, Adrianne Kidd and Tom Terry on descent from Abbot Pass Hut, Experience the Mountains trip, August 2008.

Photo Courtesy Nick Buda.