



Cliff Notes

Alpine Club of Canada
Manitoba Section Newsletter
November 2002

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

Upcoming Events

Nov 13, 15, 16: Prairie Pump Climbing Competition

Nov 19: Manitoba Section Annual General Meeting

Nov 21: "Remember Gunton" Climbing Night

Dec 6-7: Wonderland Ice Climbing Trip

Dec 12: "Remember Gunton" Climbing Night

Dec 15: Falcon Lake X-country Ski

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And much more!

The Secrets of Scree: Novice mountaineers tell all



The "Experience the Rockies" team at the fire lookout on Castle Mountain. From left to right: Pat Dillstone, Don McKee, Afton McKee, Len Chackowsky, Simon Statkewich, Grant McLaren, Brian Gilchrist, Marilyn McLaren, Rob Peters, Christine Mazur, and Peter Aitchison. Photo by Simon Statkewich.

In honour of the United Nations International Year of the Mountain, the ACC Manitoba Chapter hosted an "Experience the Rockies" trip August 24-30, 2002. The trip was designed to introduce beginner climbers to all the different activities we can do in the mountains, including hiking, scrambling, mountaineering and rock climbing. Organized and led by Simon Statkewich, the trip accomplished all that and more.

Cliff Notes asked trip participants Grant and Marilyn McLaren (a husband-wife team) and Christine Mazur to write their perspectives of this exciting adventure...

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Cliff Notes: Marilyn and Grant, you are two of Manitoba Section's newest members. What made you decide to join this trip?

Marilyn and Grant: For years, we have loved the mountains—skiing, hiking, cycling and camping. We discovered the Manitoba branch of the Alpine Club just this year, and were thrilled when our very first newsletter announced the "Experience the Rockies" trip. It was a little intimidating walking into the "unknown", at the first trip meeting at Simon's house. It seemed that everyone knew each other – and they all knew a heck of a lot more than we did about climbing and mountaineering. But we have quickly come to learn that climbers (at least the ones who belong to the Manitoba Section!) are very friendly, very

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Simon Says...

(Message from the President)

I hope everyone had a safe and enjoyable climbing season. The last few months have seen several unfortunate climbing accidents across the country. I regret having to report that there were a few fatalities as well as several incidents involving broken bones and other non-life threatening injuries. I cannot stress safety enough and appeal to everyone to climb safely. Our section offers climbing courses at a very reasonable cost so please take advantage of this great resource. *Accidents in North American Mountaineering* is good reading. You can also access *Alpine Accidents in Canada* online at:

www.alpineclub-edm.org/accidents/index.asp

The site includes some good articles on knots and gear testing.

On a cheerier note, this past summer was a good one for local club trips. Participation was in record numbers and the volunteer leadership was second to none. Thanks to all the hard-working people who helped make the trips happen. Another exciting initiative of the section is our "Remember Gunton" Climbing Nights. For those of you looking to hang out with other climbers, this is a great opportunity to meet people and have some fun (it also helps the long winter go by a little faster). Check page 10 for details. Coming up this month is the Manitoba Section Annual General Meeting. We are planning a great slide show and the photo contest winners will be announced too. I hope to see you all there!

Cheers,
Simon

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.

Wanted: Newsletter Editor for 2003-2004

The Manitoba Section is looking for a newsletter editor to compile current events and articles into our quarterly publication *Cliff Notes*.

The editor will require a computer, word processing software, and a desire to inform the public about the ACC.

For more information, contact the current Newsletter Editor:

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Update Your E-mail Address

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

If you haven't, then it's probably because the ACC National Section does not have your current e-mail address. The Manitoba Section member who will be sending ACC e-mail updates for 2003-2004 will be using e-mail addresses from the National Section database.

To stay informed, update your e-mail address (or other contact information) using the online form at:

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

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inclusive, and very willing to teach and mentor new members.

Cliff Notes: You two didn't have any rock climbing experience prior to that meeting. How did you prepare yourselves for that aspect of the trip?

Marilyn and Grant: On Simon's suggestion, we decided to give this rock climbing thing a try before heading west, so we attended three club climbs during the summer. The trip leaders and other club members were terrific—not only “showing us the ropes” but teaching us how to use the rest of the equipment, and, just as importantly, how to use our feet and hands to best advantage. By the middle of August, we had climbed the easier routes on Gooseneck and Panorama (the latter using our brand-new climbing shoes!).

Cliff Notes: Good stuff! So let's talk about the Rockies trip... On the first day, August 25, you all did the Castle Mountain Traverse as a hiking/scrambling activity. Tell us about that.

Marilyn and Grant: Hmmm, we thought, this route is not in our hiking or scrambling guidebooks. Day one and we were packing two climbing ropes with us—we thought that this might be a bit of a challenge. After a couple of hours of hiking, we were definitely scrambling. Part of the scramble took place with about 1,000 or more feet of air directly below us, so we roped up. Then we hiked and scrambled until we found ourselves at the Castle Mountain Hut. The vista was incredible—we were amazed to be there looking over the Bow Valley and Storm Pass, amazed that we were part of the two percent that go beyond the well travelled tourist hikes.

Christine: Some of us could hardly believe our eyes when we were shown an almost invisible path winding to the top of the scree slope that we ascended. With rock above, below and all around, there was so much to take in, that no pictures could ever do it justice.

Marilyn and Grant: Traversing under the giant ramparts of the mountain was awe-inspiring and very empowering. And then it was time to start descending. What was that we said about feeling empowered? Gone in an instant! Scampering down a



The trudge up Athabasca Glacier. Photo by Simon Statkewich.

gully with little stones beneath our feet (which Grant aptly named “ball bearings”) was quite the challenge. But we had wonderful technical and moral support and made it safely back to tree line. The descending trail back to the parking lot just did not seem to quit. How do we manage to delude ourselves into expecting that, after gaining hundreds of feet in elevation on the way in, the exit will be flat?

Cliff Notes: So you had a long, hard day of scrambling as your first activity. The next day, everyone went rock climbing at the back of Lake Louise. How did you find that?

Marilyn and Grant: Our third day rock climbing (ever) and Hey! I'm a tourist attraction! A number of times, we were completely absorbed in trying to meet the challenge of the climbing route, only to be surprised by a half dozen tourists watching our every move and occasionally snapping a photo or two! After successfully completing a route or two we remembered to enjoy the wonderful view of the chateau, the glacier and the surrounding mountains before returning to the ground.

Christine: The cliffs at the back of Lake Louise were a relaxing break from the mountain scramble. While multi-pitch climbs abounded, we stuck to more simple single-pitch routes. Even still, we had one casualty when Brian Gilchrist landed hard on a rock and broke his ankle while trying out some bouldering moves. Brian's injury was a huge disappointment because the mountain climb was yet to

come and we'd have no choice but to leave him behind.

Cliff Notes: Yikes, poor Brian! Thankfully, you all had a rest day the following day...

Marilyn and Grant: Darn good thing because we could barely walk—seems we had been using some muscles in ways they're just not used to! That was the day we moved our camp to the Columbia Icefields.

Cliff Notes: And the following day, the group (except for Brian, of course) learned some basic mountaineering skills in preparation for Mt. Athabasca. What kinds of things did you do?

Marilyn and Grant: Two certified alpine guides joined our group to teach us “everything we'll need to know to summit Mt. Athabasca”. We spent several hours learning to use our crampons and ice axes on the glacier, as well as roping techniques for navigating through steep terrain and crevasse fields. We also learned a variety of band-aid, moleskin and duct tape techniques to survive in our rental mountaineering boots!

Cliff Notes: That probably came in very handy on summit day. Tell us about the climb up Mt. Athabasca.

Christine: We set out from our campground at 4:00 am and started the long hike to the glacier in our stiff plastic mountaineering boots in almost total

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Big smiles on the summit of Mt. Athabasca. From left to right: Brian Webster (guide), Kirsten Knechtel (guide), Len Chackowsky, Christine Mazur, Pat Dillistone, Simon Statkewich, and Peter Aitchison. Photo by Rob Peters.

darkness. The moon and the remaining stars shone so brightly that at first I didn't use my headlamp, and didn't want to use it since it took away from my view of the sky above. After a while, the footing of shattered rock became so treacherous we had to use headlamps.

Marilyn and Grant: We were immediately above tree-line, since we started at approximately 6,500 ft, scrambling up a steep rocky path, headlamps securely in place. Just as dawn was breaking (at around 6:30 am), we reached the foot of the glacier, donned our crampons, and roped up.

Christine: We still had a long distance to cover to get to the top when our youngest mountaineer, 12-year-old Afton, had to turn back. Her boots were too big and had already created some painful blisters that still caused her grief even though they had been covered with second skin, moleskin, and duct tape. After descending, she managed to have a thoroughly enjoyable time setting up "Madame Afton's Herbal Spa" at the camp site and treating her most loyal customer, Brian, to a glacial foot bath for his broken ankle in a nearby stream.

Marilyn and Grant: After several hours of trudging uphill, we arrived on the summit of the Silver Horn, the false summit of Athabasca. A total of seven

hours of almost constant up hill movement. It was a real challenge, especially given the noticeably thinner air.

Christine: I found the trudge up the glacier both physically demanding, and meditative. Our movements were slow and regular, affording time for one's mind to wander to an extent that our busy lives on the ground don't always allow. "Up there," you have nothing to distract you from your thoughts but your aching ankles and knees. The amazing view only adds food for thought.

Marilyn and Grant: Grant and I stayed on the Silver Horn to enjoy the view and rest up for the second half of the day, while the rest of the group headed up to the actual summit.

Christine: On reaching the summit we were level with and above some clouds. For the first time that day we could look around 360 degrees and not have a wall of rock or ice on any side. We were on top of the world and nothing else mattered. I would have liked to stay there forever, but the busy world below awaited and we had to go. After a long and scary descent through a minefield of crevasses, I stood barefoot on the gravel parking lot looking up at where we had been and wished we could do it again tomorrow.

Marilyn and Grant: The descent was no "cakewalk," although it took only half as long as the ascent. In all, we spent just over eleven hours climbing and then descending nearly 5,000 ft. It felt like being on the top of the world—we are very grateful to have had the experience. We were also pretty grateful to enjoy the best beer and pizza in Lake Louise later that evening!

Cliff Notes: Sounds like an amazing adventure! Was there anything that any of you didn't enjoy about the experience?

Christine: One thing I'm not sure I'll ever be comfortable with when mountaineering, is attending to certain fundamental physical functions on the barren, treeless landscape of a mountain glacier. The men in our group had it easy and could just step a few feet away from the rest of us and attend to watering the ice, but I need a bit more privacy than a row of turned backs before I will...show my ankles in public. I just drank enough water for my body to use and not waste, but I do not advocate this as good practice. I was lucky I did not dehydrate on the mountain. This discomfort doesn't mean I'll never do it again, though. It's just one of those things you put up with to do what you love.

Cliff Notes: You must really love what you do, because you didn't even take a rest day after Athabasca...

Marilyn and Grant: Rest day? NOT! Return rental gear, rock climb in Grotto Canyon! We were really surprised at how quickly our legs started adapting. We felt better after climbing Mt. Athabasca than we did after the first day on Castle. We really enjoyed the climbs in Grotto Canyon, but after just a couple of hours, a heavy rain storm rolled in, so we packed up and headed back to the clubhouse. After another terrific meal, thanks to our head chef, Rob Peters, we said our official "thanks" and "good-byes" to each other.

Cliff Notes: And then the two of you decided to do the Mt. Yamnuska Traverse on your own.

Marilyn and Grant: After the group disbanded, we tackled "Yam" with guidebook in hand. We had a lot of fun on our first "unescorted" scramble. We both felt strong and followed the route with little difficulty. It was more than a

little intimidating standing at the top of the famous scree slope with no one to lead the way. But, Simon had coached us well that morning, and convinced us we could do it. So, after a couple of tentative steps we were flying, running down the scree! We are mountaineers!

Cliff Notes: So you all definitely learned some essential technical skills, but did you also learn something new about yourselves or your capabilities?

Christine: I think the trip taught all of us about our personal strengths and weaknesses just as they taught us about the wonders to be found on top of the world. Some of the lessons I learned from this trip included the realization that mountain summits are not as impossible to reach as they seem from below, that even the smallest person can accomplish great feats with some determination, and that I can out-snore a room full of burly men any day.

Marilyn and Grant: For us, it really was the trip of a lifetime and we accomplished things we'd only previously read about in *Outside*

Magazine. We're very grateful to Simon, our esteemed leader and to every participant who each, in their own way, helped make the trip better.

Christine: Thank you to the organizers of this trip and to my fellow climbers for a wonderful experience and good company. This was a trip like no other and I hope to have many more just like it!



Grant and Marilyn McLaren on the summit of Mt. Yamnuska. Photo by Marilyn McLaren.

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Phone # (H) _____ (W) _____

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

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Lover's Leap Club Climb: Humbling

By Ken Apostle

Just on the outskirts of the town of Redditt, due north of Kenora about 20 minutes, is an interesting cliff with some unusual features. Lover's Leap was first explored and cleaned up by Rob Hester and gang in the mid-nineties. The crag has attracted infrequent visits from admirers like me, Ken Boyko, and others, who have added a few more lines to the originals. Much of the cliff is not terribly leadable, though I hear that some leading has been done. It compares to the taller portions of Jones Rhode in terms of height.

Six hardy people and one dog went to the cliff on September 28 on a cool, but bright and bug-free autumn day, and we were pleased to find the rock dry. I was the trip leader, Ken Boyko was the rope leader and we welcomed set-up help from the Manitoba Section club climb coordinator, Pat Dillistone. Hana Weingartl, Louie Allec, and Kevin Koo rounded out the group. While some of us old dogs have been climbing for a while, Kevin was enthusiastically enjoying his first year outdoors (or indoors for that matter).



Ken Apostle at the base of *My Left Foot*.

Everyone seemed pretty game for climbing. Since there was plenty of help, we set up five climbs and had enough time to climb them all. With names like *Road to Nowhere*, *Off Ramp*, and *Barbarian*, you may surmise that there are not many beginner climbs at this crag. Hence, the “difficult” rating for the day. Climbs were all about the 5.10 level, with some easier sections, except for *Barbarian*.

We don't really know what *Barbarian* goes at, but it is stinking hard. It probably could be led, but we didn't have any 5.12 gear leaders along, so we top-roped it. It is still waiting for a completely clean climb. There was much bad language and a lot of grunting from Pat and Ken B.—even my “handjammies” couldn't accomplish levitation. Pat and Ken mentioned that their hands would have been turned to mush trying to haul up the overhanging hand crack, which splits the back of the cave near the bottom of the climb. After the hand crack, there is a left-slanting overhanging crack-corner that runs to the top. While the crack-corner eases up a degree toward the end of the climb, there aren't any real rest spots once the fun begins.

Hana finessed her way up *Off Ramp* while the rest of us seemed to resort to more strenuous moves (or falling). *Off Ramp* features a two-foot wide ramp that traverses about eight feet to the side. This ramp narrows down to about six inches at the top, where it also steepens and the main cliff leans out to spit you off. Each climber faced unsettling stances and a big pendulum from a fall (we used a second belay rope from the bottom to partially reduce this). It was just as exciting to watch as climb.

My Left Foot has a lot of interesting moves packed into a compact space. It is only 30 feet high but is highly featured. The climb goes through big overhanging blocks and follows a hand traverse with precarious feet around a

corner into a small alcove. From here, the climber emerges onto the face somehow to finish. In the more direct line, which moves through an overhanging layback, there is a permanently wedged nut in place. I wonder what the story is there—a happy ending I hope.

Road to Nowhere goes from a reasonable 5.9 crack-corner to an increasingly unreasonable dihedral that simply runs out of down-pulling holds in the last 20 feet. There are holds of course, but how the heck do you use them? Many people have pondered this question while huffing and puffing and getting more desperate. Then the flailing starts, and then the fall. It is humbling. It goes at about 5.10b once the moves are figured out.

The Buttress has many variations, but all present the challenge of trying to hang on to generally huge holds and sloping vertical edges. This climb also includes slabby footholds and deceptive overhangs. It's a complicated and bewildering route.

For me the main appeal of the crag is in the varied configurations, which invite (demand?) a creative combination of moves. These require balance, footwork, precise angles, and hold-finding.

By day's end we were fairly climbed out, but everyone managed to emerge in one piece after a beautiful day at the crag. Do note that gear is needed for top and bottom set-ups—long slings don't hurt. Walking around the cliff base is an attention-inducing exercise—watch for full-length leg-swallowing holes partially covered by vegetation lying between big broken rocks. Also, don't forget to check for loose rock on the cliff.

For anyone interested in finding out more about Lover's Leap, I hope to submit some updates to the online guidebook this winter.



Mt. Rainier at sunset. Photo by Gregor Brandt.

Rain, Rainier, Rainiest

By Peter Panufnik

Mt. Rainier (4,392 m) is surrounded by spectacular glaciers, challenging crevasses, and breathtaking sights that make it a desirable playground for any mountaineer. Located about three hours south of Seattle, Washington, it is a favourite destination for many novice and experienced mountaineers. It can get fairly busy, but during this past Canada Day long weekend only a select few diehards went up.

The weather had been bad for a number of days at Mt. Rainier National Park and the weather predictions were not favourable for the long weekend. However, a little rain and cloud cover was not going to stop the weather-hardened Manitobans who just endured 24 hours of driving to get to the mountain. After spending a brief night in the parking lot at the base of Mt. Rainier (the campground was still closed for the season) our mountaineering team, consisting of me, Hana Weingartl, Louie Allec, Janice Liwanag, and Gregor Brandt, decided to push on.

After dividing our gear at White River Campground (1,341 m), we headed for our first camp at Glacier Basin (1,829 m). Upon arrival we were all feeling fairly well, so we decided to continue further and set up camp at a higher elevation. When it started to fog over about an hour or two later, we agreed that it was time to set up the tents. Finding a nice flat spot, we plopped down and made camp—and just in time too.

As soon as we pitched the tents, the rain came and did not let up until the morning. Gregor was not feeling well after the relentlessly rainy night and decided to descend back to the parking lot. If I knew what was to come that day I might have done the same. But the rest of us pushed on.

As we approached the fogged-over Inter Glacier (2,073 m) it started raining...and it rained and rained...and then the rain turned into slush. We proceeded up the slope, forgetting our

aches and pains and focusing on a common goal: to reach the next camp. As we ascended each slope to yet another plateau, we could see through the fog yet another, steeper incline to conquer. And so the cycle continued. A few hours into the climb, it was obvious that the rain and snow would not let up. We were all soaked to the bone and the extra weight constantly shortened our steps. Our illustrious leader, Hana, kept telling us we were almost there, just a few more steps.

After climbing up the Inter Glacier, we roped up and traversed to Camp Schurman (2,883 m). There we found a ranger's cabin and a few keen individuals who had been living in their tents for the past couple days hoping for a break in the weather. As we fumbled around in our soaked clothes to set up our tent, we cursed the blasted weather. Having a more or less secured shelter, we began the tedious process of getting and staying warm. Four people crammed into a three-man tent is pretty tight, but add cooking gear, food and suspended wet clothing, and the tent becomes a sardine can. A trip to the bathroom was a big production. It involved the coordination and perfect timing of everyone's movements so that the bladder-challenged person could exit and re-enter the tent safely. Sitting beside a candle drinking tea, we dried our clothes on our backs so we would have something comfortable to sleep in. Numerous card games and periodic dashes to the bathroom helped us pass the rest of the day. Eventually we settled in for the night, side by side like sardines.

The next morning we woke to a collapsing tent, caved in by the wet snow and strong gusts of wind. No one dared to look outside at first but, eventually, natural bodily functions forced us out one by one. To our amazement, the sky was clear! All the clouds were below us and, aside from the huge gusts of wind, it looked like it would be a gorgeous day. As we snapped away pictures we had to make a decision: Would we have enough dry clothes and luck to try for the summit the next day, or should we descend while we had fair weather? Hana, Louie, and I decided to stay another night and make a summit attempt the next day if conditions were favourable. Janice decided to descend with seven Californians (who unfortunately couldn't summit because of bad weather) so that she could be with Gregor on his birthday.

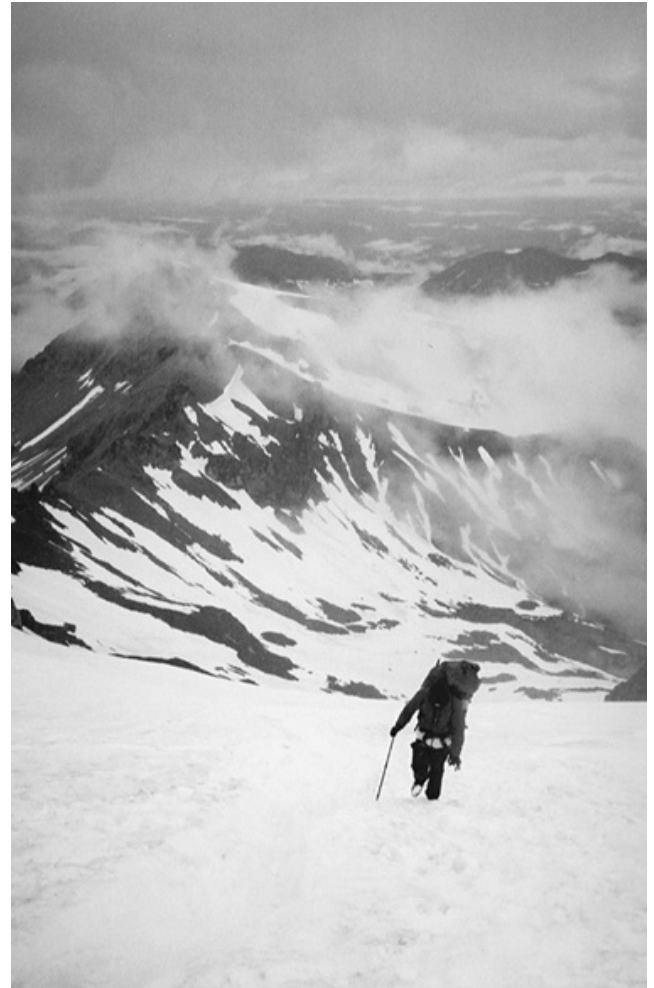
That day, we alleviated boredom by fortifying the tent with a snow fence. We constructed the fence as though we were planning to spend the next week there. After that, Hana, Louie and I took advantage of the good weather and hiked part-way up the Emmons Glacier, the tongue of ice that extends east from Rainier's summit. Breaking trail, we made slow and steady progress, but this time (unlike the previous day) the sun was shining and below us was a sea of clouds.

We hiked for only a couple hours—for Louie and me, this was our first glacier travel with crampons and full gear. After we took in the view, we headed back down toward the lonely dot that was our tent. We decided to ascend the next day via the more northerly Winthrop Glacier instead of Emmons. It would require more effort on our part, but we were up for the challenge. The rest of the day was calm and peaceful (except for the time we spent watching a rescue helicopter fly over the mountain in search of lost mountaineers!).

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Above (from left to right): Louie Allec, Peter Panufnik, and Hana Weingartl sitting cozy at Camp Schurman. Right: Peter ascending the Inter Glacier on Mt. Rainier. Photos by Janice Liwanag.



The next day we got up at 3:00 in the morning. Wasting no time, we munched our breakfasts, washed it down with warm tea, and stepped into the night. During the first half hour the snow was frozen, but about an hour later we were falling up to our knees in snow. By this time, the sun started coming out and it became apparent that bad weather was lurking, but we had already settled into a comfortable pace and had no plans of turning back just yet. As the fog moved in, the pitch of the slope increased, and all that was left to focus on was the two individuals climbing with you. Everything else was white.

Using our limited sight and Hana's trusty compass to guide us, we zigzagged among crevasses. We kept up this march, alternating leaders along the way, until snow started to fall. We were getting tired and we realized that the markers we placed during our ascent were not enough to get us back down in this weather. Blind on the glacier with no altimeter, we estimated that we were two hours from the summit. However, the summit would have to wait for another day. I was nominated as the one with the best sight, so I had the pleasure of trying to follow the markers back down. Fortunately, we descended back to camp without incident.

There we packed up the tent and gear and headed down. Despite the forecast for good weather the next day, we did not want to push our luck. We slid down the Inter Glacier on our behinds, making good time. After meeting up with Gregor and Janice, we all headed to the nearest town for a good warm meal to get us through the long drive home.

The mountaineering team agreed that the Mt. Rainier trip was an excellent experience, despite the bad weather and seemingly desperate conditions. Louie, Janice, Gregor, and Peter would like to thank Hana Weingartl again for her guidance and enthusiasm (and for keeping them warm with copious amounts of tea).



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Fly on the Wall

By Christine Mazur

I started climbing this year and at most of the club climbs I've been to, there was only ever two or three other female climbers out of 15 to 20 participants. At one climb, some male climbers said they'd like to be a fly on the wall at a women's climb. What did women talk about, what did they wear, would it be an eye-popping cleavage-fest or a catty gossip session? Well, you asked for it fellows, so here to enlighten you is a fly-on-the-wall perspective of the Women's Bouldering Weekend that took place September 14-15, 2002.

On Saturday, participants Alison Ariss, Morag Crawford, Sue and Breck Frohlic, Souksavane Sengmany, myself and trip leader Val Chan started at Crack City. Three-year-old Breck was just one of the girls climbing in her blue dress and Sesame Street socks. In a few years she'll be aceing V7 boulders and showing the boys how it's done.

The weather was good and we soon discovered the freedom of climbing in sports bras with no drooling men around to slime up the rock. Thus clothed, we perfected the "no-hands boob-mantle," a move that sets women far ahead of men in climbing technique since men simply don't have the equipment for such a dynamic move.

After pausing for manicures and eyebrow plucking, we moved to Sherwood Forest where we explored some interesting routes and discussed the



Valerie Chan bouldering at Crack City. Photo by Christine Mazur.

importance of finding a really scenic place to pee, one which afforded a dramatic view of the landscape's breathtaking beauty.

We camped at Keys Lake and had a sumptuous meal of spaghetti with shrimp hors d'oeuvres, chocolate Swiss rolls and chocolate covered almonds. Keys Lake is a beautiful place with a great sunset view and a long sandy beach with good camping spots near the water.

After a day of turning Crack City into Cleavage City, we were joined by three more members of the "fair sex," Isla Crawford, Petra Tittenberger, and Krystal Merrells, and proceeded to lay waste to the boulders at The Narrows. Sorry fellows, there are no more boulders left—just smoking chalk-covered piles of granite flakes. We pulled and rocked and dyno'd so hard that even the tough Canadian Shield could not hold its own when faced with the strength of us women. Unfortunately, Krystal took a high fall and twisted an ankle, putting her out for the rest of the day.

To make amends for pulverizing The Narrows boulders, we swept down the road to Pow Wow and cleaned and polished the rock with Pledge and Murphy's Oil Soap. Then we did our hair and makeup, and posed for pictures atop the Pow Wow boulder. We finished the weekend at the Jones Rhode parking lot experimenting with some high-heel hook moves and sit-start problems.

To be perfectly honest, guys, climbing with women isn't much different from climbing with you bunch. We talk about food, friends, climbing routes and techniques, climbing gear, the cars we drive, what gets the best mileage, pets, and relationships. When one person climbed, the others all gathered around to spot and each person's success would be the group's achievement. Each failure was met with words of encouragement and support. I was glad to have met a group of such strong and talented climbers and I would encourage more women to come out to next year's regular club climbs to show the men how it's done.



"These shoes were made for climbin'..." Photo by Christine Mazur.

Thunder Bay Invitational Ice Climbing Weekend

Feb 8-9, 2003

The Thunder Bay Section of the ACC has invited members of the other sections to a weekend of ice climbing and socializing. Our generous hosts in TB open up their homes to put us up for the weekend. They chauffeur us to some of the best ice climbing areas in North America, guide us up some fantastic climbs, share their wealth of knowledge from years of experience, and entertain us for the weekend. This is an event that you do not want to miss!

When: February 8-9, 2003

Note: Think about flying out on Friday afternoon (February 7) and back Sunday evening...sure beats the 8 1/2 hour drive each way. The cost to fly is less than \$250.00.

For more information, contact:

Pat Dillistone
(204) 774-0449 (w)
(204) 783-9452 (h)
patsprt@ilos.net

Update: Climbing at St. Boniface Ice Tower

The Manitoba Section aims to secure regular ice climbing time at the St. Boniface Ice Tower this winter, provided that there is enough interest among members.

If you are interested in climbing at the Ice Tower, contact:

Fraoch Warden
(204) 487-3307

"Remember Gunton" Climbing Nights

By Peter Muir

Back in the dark ages (and this is way back before indoor gyms and hexes with cables), members of the ACC used to have informal, come-if-you-want nights at the Gunton Quarry. On these nights, ACC members could climb, meet other climbers, learn a few skills, find out who was going where the next weekend, and get the chance to ask "Mind if I come along?" No one ever said "no" to such a request.

We all know that it can be a little intimidating to call someone from the ACC phone list and ask if you can come along climbing. You do not know what they are like. You do not know if you will be comfortable with them. You do not know if they have the faintest idea what they are doing.

Most, if not all, of the climbers leading safely today learned the old fashioned way. They made some acquaintances with climbers. They watched and climbed with those climbers. They learned to look after themselves, made up their own little groups and are now out climbing on their own. Even though the climbing courses now available are technically excellent, they miss that all-important mentoring aspect.

Why am I telling you all this? Well, Manitoba Section members don't really have a place to gather and climb on a regular basis. Gunton Quarry is closed to members for now, but that doesn't mean that we can't bring back those climbing evenings.

"Remember Gunton" Climbing Nights is a Manitoba Section initiative that will bring new and experienced climbers together in a relaxed and friendly environment. These nights will be held on every second Thursday of the month (except for the first one, which is November 21) and will take place at Vertical Adventures Indoor Climbing Gym (77 Paramount Road). You don't have to phone ahead. Just show up at around 7:30 pm.

Members of the ACC Manitoba Section or St. Boniface Section pay the regular gym rates. Members from any other ACC section are welcome, particularly those from the Rocky Mountain Section who bring some Bow Valley Brewing Company beer and those from The Thunder Bay Section bringing single malt. Oh, and those from the...you get the idea.

"Remember Gunton" Climbing Nights Vertical Adventures 77 Paramount Rd

First night is **November 21 at 7:30 pm!**
After that, the climbing nights will be the second Thursday of every month at 7:30 pm:

December 12*
January 9
February 13
March 13
April 10
May 8
June 12
July 10
August 14
September 11
October 9
November 13
December 11

*Dress up as your favourite Super Hero. No prizes but a jolly good laugh! Come out for munchies after climbing.

Cost: \$12 for adult day pass. For other climbing gym rates, contact:

Vertical Adventures
(204) 632-5001
www.climbva.com

For more information about the climbing nights, contact:

Fraoch Warden
(204) 487-3307

Hey Guys!

Come to the Manitoba Section's Annual General Meeting!

Why?

- Discuss the Section's hottest issues
- See slide shows and vote in elections
- Find out who won the Photo Contest

When?

November 19, 2002
7:00 pm schmoozing & cocktails
7:30 pm meeting starts

Where?

Juliana Pizza & Restaurant
678 Ellice Ave.

Don't forget to bring your unwanted gear for the GEAR SWAP!

Events Calendar Winter 2002-2003



Len, the Friendly
Manitoba Section
Secretary

Nov 13, 15 and 16
**Prairie Pump Indoor
Climbing Competition**
Vertical Adventures, 77 Paramount
(204) 632-5001

Nov 19
**Manitoba Section Annual
General Meeting**
Juliana Pizza & Restaurant, 678 Ellice
Len Chackowsky
(204) 284-9034

Nov 21
"Remember Gunton" Climbing Night
Vertical Adventures, 77 Paramount
Fraoch Warden
(204) 487-3307
- Climb indoors with ACC members. See
page 10 for details.

Dec 6-7
Wonderland Ice Climbing Trip
Cindy Klassen
(204) 632-1756 H / (204) 632-5001 W

Dec 12
"Remember Gunton" Climbing Night
- Dress up as your favourite Super Hero.

Dec 15
Falcon Lake X-country Ski
Gregor Brandt
(204) 453-2262

Jan 4
Snowshoe at Birds Hill Park
Fraoch Warden
(204) 487-3307
- Rentals available from Wilderness
Supply Co. and MEC

Jan 9
"Remember Gunton" Climbing Night

Jan 10
Banff Mountain Film Festival
Burton Cummings Theatre
(formerly Walker Theatre)
- See back page for details.

Jan 19
Grand Beach X-country Ski
Simon Statkewich
(204) 237-0798

Jan 23
Climbing at St. Boniface Ice Tower
Peter Muir
(204) 895-8340 H / (204) 982-5960 W

Jan 26
Pinawa X-country Ski
Glenn Bailey
(204) 475-1296

Jan 31
Social Night: Ethiopian Restaurant
Fraoch Warden
(204) 487-3307

Feb 1-2
Spruce Woods X-country Ski
Len Chackowsky
(204) 284-9034

Feb 8
Lake Winnipeg X-country Ski
Peter Aitchison
(204) 582-0340

Feb 8-9
Thunder Bay Ice Climbing Weekend
Pat Dillistone
(204) 783-9452 H / (204) 774-0449 W

Feb 13
"Remember Gunton" Climbing Night

Feb 23
Mountaineering Skills Workshop
Peter Muir
(204) 895-8340 H / (204) 982-5960 W

Mar 2
Downhill Ski at Holiday Mountain
Fraoch Warden
(204) 487-3307

Mar 13
"Remember Gunton" Climbing Night

Apr 10
"Remember Gunton" Climbing Night





 present the 27th annual

Banff Mountain Film Festival World Tour

Sponsored by:











 With assistance from:







www.banffmountainfestivals.ca





Photo credit: Maitovskiy gubler, Kamchatka
Petrovskiy, Russia © Carsten Peter

See the world's best mountain films! Win prizes! New this year...Comfy theatre seats!

When: January 10, 2003, 7:30 pm

Where: Burton Cummings Theatre (formerly Walker Theatre), Ellice and Smith

Cost: \$15

Tickets available December 10, 2002. For updated ticket information:

visit www.alpine-club.mb.ca or contact Brian Gilchrist at (204) 269-1587